



Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: the control group (CG) and the experimental group (EG). The CG was subjected to a control protocol (CP) and the EG to an experimental protocol (EP). The CP consisted of a 10-min rest period followed by a 10-min work period. The EP consisted of a 10-min rest period followed by a 10-min work period. The work period was divided into two phases: a 5-min phase of low intensity (LI) and a 5-min phase of high intensity (HI). The subjects were then subjected to a 10-min rest period followed by a 10-min work period. The work period was divided into two phases: a 5-min phase of low intensity (LI) and a 5-min phase of high intensity (HI). The subjects were then subjected to a 10-min rest period followed by a 10-min work period. The work period was divided into two phases: a 5-min phase of low intensity (LI) and a 5-min phase of high intensity (HI).



Beth Rose 10/106



Dear Beth -
I really appreciate your
lonely work and your
dedicated efforts.

Thank you, thank you

Al Kaul
JK

The Lamp
Friends Academy
Locust Valley

The weakest among us has a gift,
however seemingly trivial,
which is peculiar to him
and which worthily used
will be a gift to his race forever.
John Ruskin











8th Grade Hockey



1st row: Ann Weiss, Katie Deregibus, Vicki Neville, Kathleen Mann, Lib Randall

2nd row: Amy Schmidt, Anosh Plock, Lisa Morris, Sharon Weinberg, Stephanie Apt

3rd row: Joanna Parker, Janet Bruckner, Susan Schroeter, Kavita Kamat, Heather Vuillet, Betsy Licht, Coach Lesley Graham

7th Grade Hockey



1st row: Michele Simmons, Liz Holterman, Coach Sue Adams

2nd row: Laura Bergmann, Catherine Copp, Susan Francolini

3rd row: Kathleen Vuillet, Alice Wade

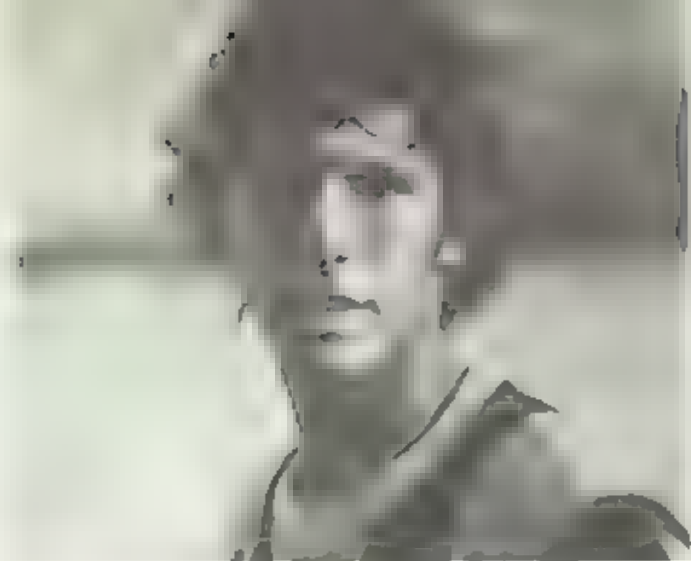
4th row: Susan Vittoria, Lisa Gilden, Liz Leach, Meg Flynn, Susan Honig

5th row: Melita Rines, Dinah Huntoon, Jill Albertson, Jane Goldsmith









First row: N. Fowler, K. Horvath, P. Zullo, W. Sines, N. Seamon, J. Shipman, D. Shaw, J. Picoli, B. Eastment, J. Hull

Second row: R. Goodrich, P. Bowne, W. Pico, S. Hull, C. Lovette, G. Hamilton, G. Goodman, P. Johnston, B. Rose, M. Gordon, B. Adelson, K. Block

Third row: M. Jacobson, H. Guild, D. Diaz, H. Klein, W. Seibert, C. Mayer, T. Auliero, J. Spencer, J. Runyan

M.A.A.P.S. CHAMPIONS

Friends	4	Locust Valley	2
Friends	2	St. Paul's	1
Friends	7	Martin Luther	0
Friends	3	Collegiate	2
Friends	9	Barnard	0
Friends	2	Fieldston	1
Friends	8	McBurney	0
Friends	2	Woodmere	1
Friends	2	Loyola	0
Friends	0	Staten Island	0

Coaches: Ward Seibert

Marty Jacobson

Kal Wynot

John Runyan

Captains: Nick Seamon, John Shipman



Tutors



Student Activities Committee

The Inkwell

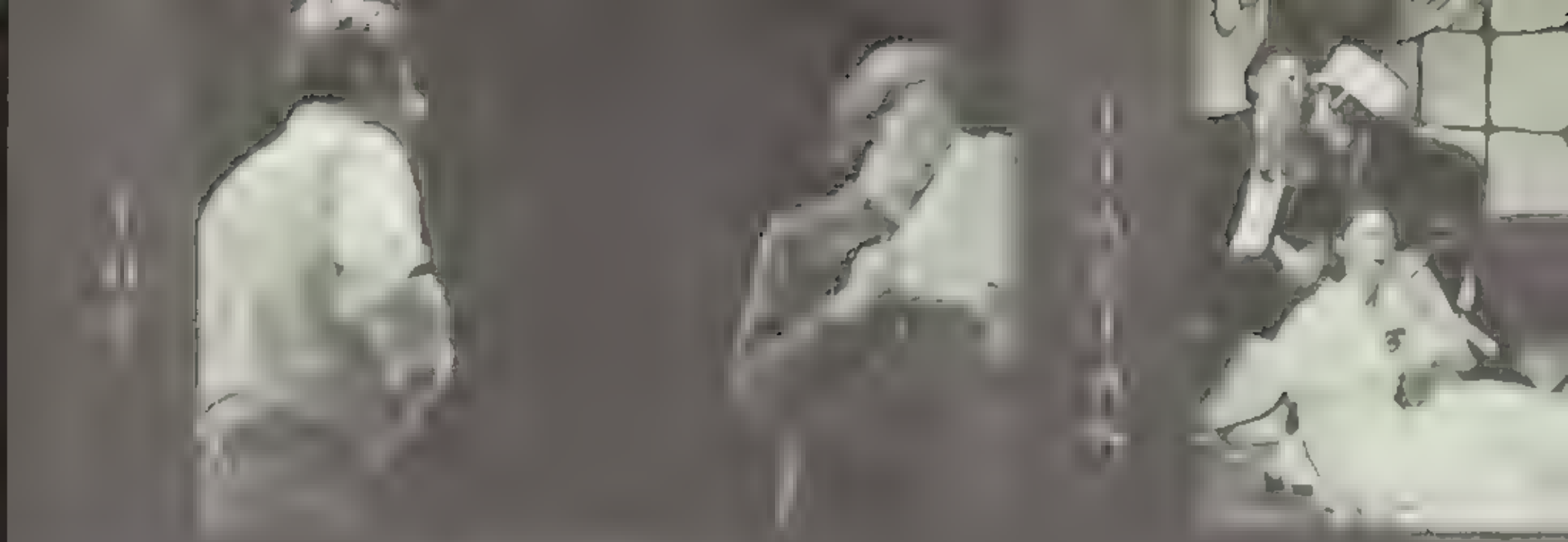




Student Faculty Board

French Club















First row: M. Ruppel, M. Kane, C. Trauernicht, M O'Brien, V. Mazzeo, F. Erickson, H. Reusch, R Kern, B. Cressey, T. Marvullo
Second row: R. Perkins, T. Cullen, T. Andrea, D Haigy, G. Knoll, J. Mandala, R. Martin, F. Nichols, B. Wood.
Third row: B. Paillet, A. Keogler, G. Persip, D. Sheiffer, D. Erickson, G. Morris, P. Bliven, C Francolini, F. Levin, J. Ottaviano, C. Shaddock, K. Hertzwig.

Captains: Vincent Mazzeo, Frank Erickson

M.A.A P S. CHAMPIONS

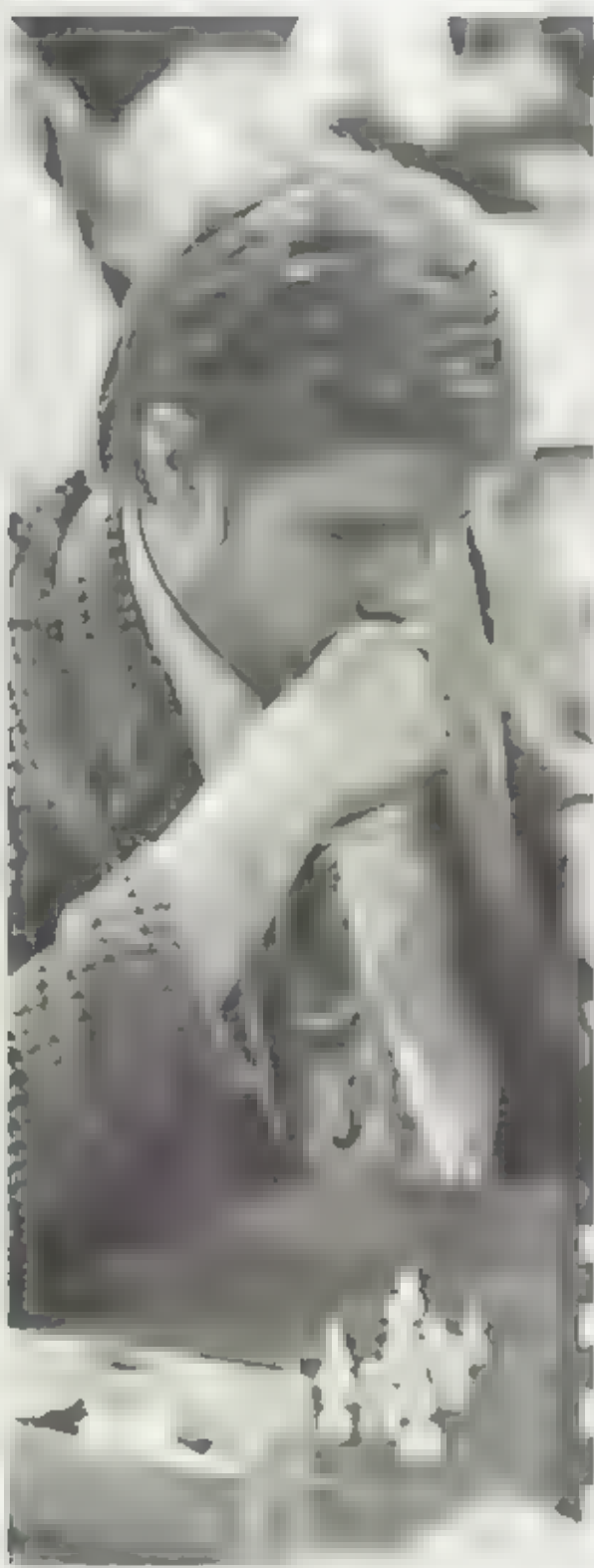
Undefeated

Friends	36	Wheatley	~
Friends	28	McBurney	0
Friends	38	NYMA.	0
Friends	28	East Rockaway	12
Friends	36	Woodmere	6
Friends	12	Fieldston	0
Friends	18	Dalton	8

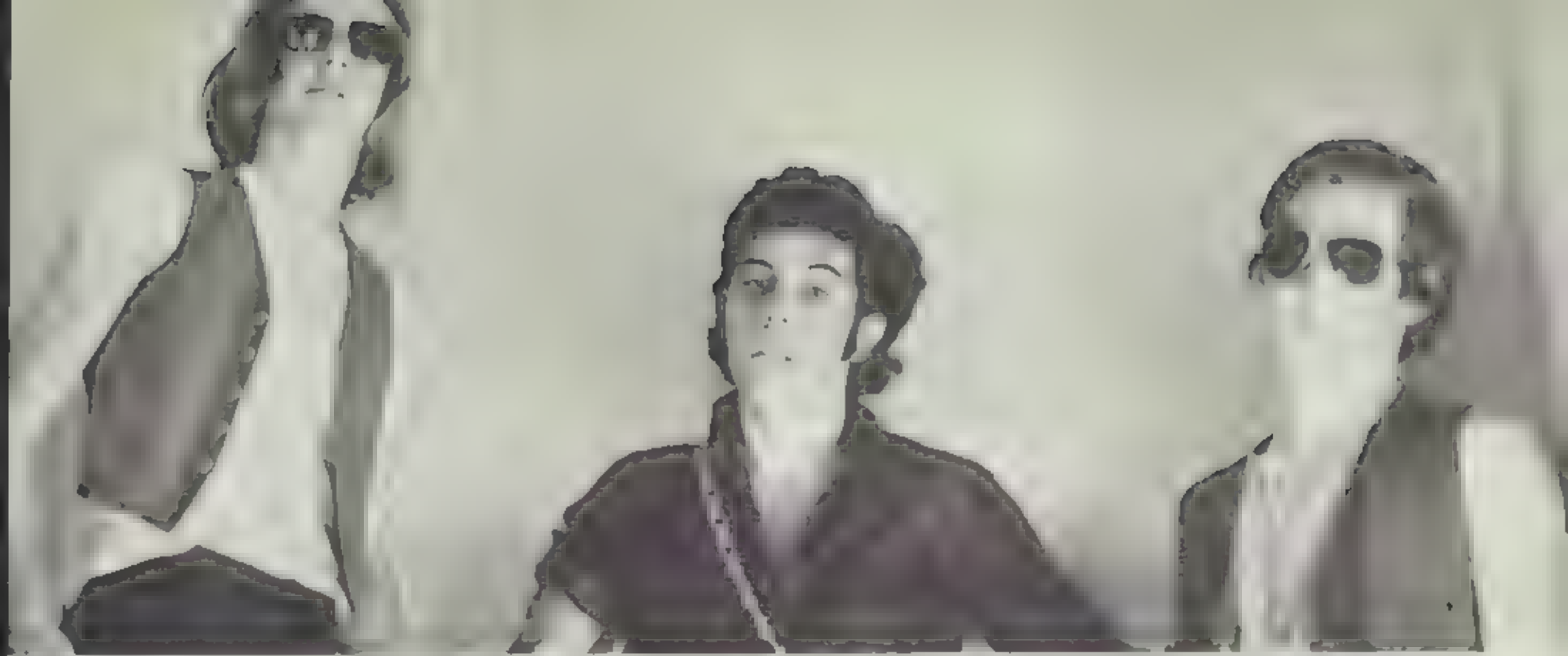
Coaches: Joe Umbria
 Pat Argento
 Charlie Williams
 David Sloan
 Jim Luongo











Midjet Soccer



1st row Ling Li, Pat Diaz, John Plock, Kurt Winner, Tod Stravitz, Andy Furgatch, Mark Janoska, Jeff Pill, Jon Mack, Willie Freese
2nd row Coach Kai Wynot, Jordan Grabel, Peter Rabin, Eric Morrison, Chuck Cooperstein, Peter Shames, Gay Spencer, Tom Lovell, Robert Goodstein, James Shirley, Eric Guide
3rd row Billy Powell, Chris Arrau, Paul Shames, Jimmy Allen, Tim Scott, Matt Ladinsky, Borden Prsint, Wayne Cooper, Caran Swill, James Aronsohn

Midjet Football



1st row Coach Pat Argento, James Fegley, Nevin Dublin, Craig Oliver, Stephen Patrice, Keith Conner, Giff McNair, John Epler, Keith Fox, Peter LeMay, James Wylie, Coach Charlie Williams
2nd row Jack Lee, Mike Teitel, John Decker, Dave Sengstaken, Greg Cavin, James Madden, Steve Newlin, Ed Kunnmann, Tom Hawkins, Ed Silver, Jeff Schell, Barry Pailet



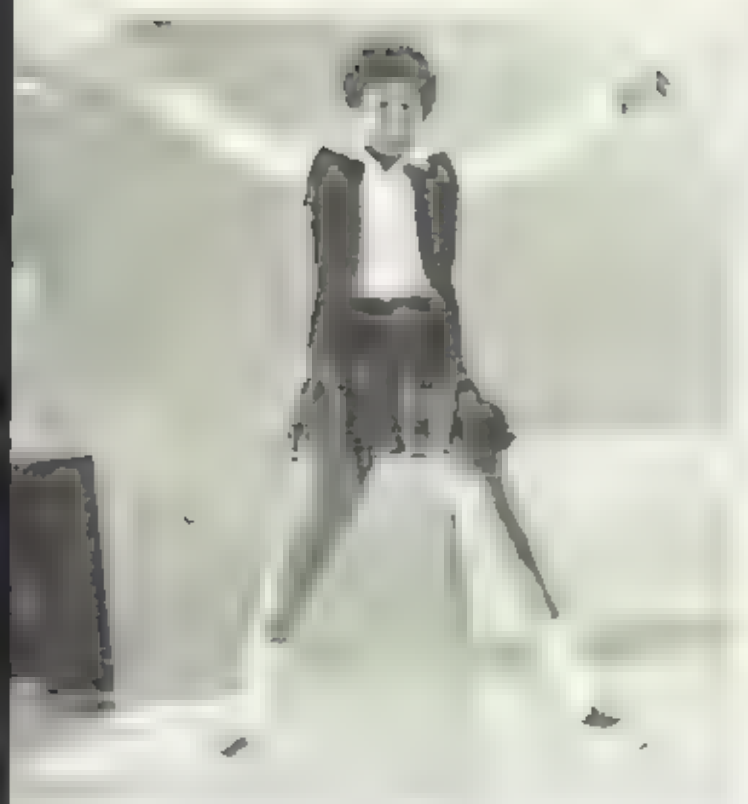
New Jersey



SIXTH GRADE OUTDOOR EDUCATION



Cheerleaders



Judy Barry



Jan Klocke



Beth Kose



Carol D. Matteo



Gaby Voke



Nancy Coffey



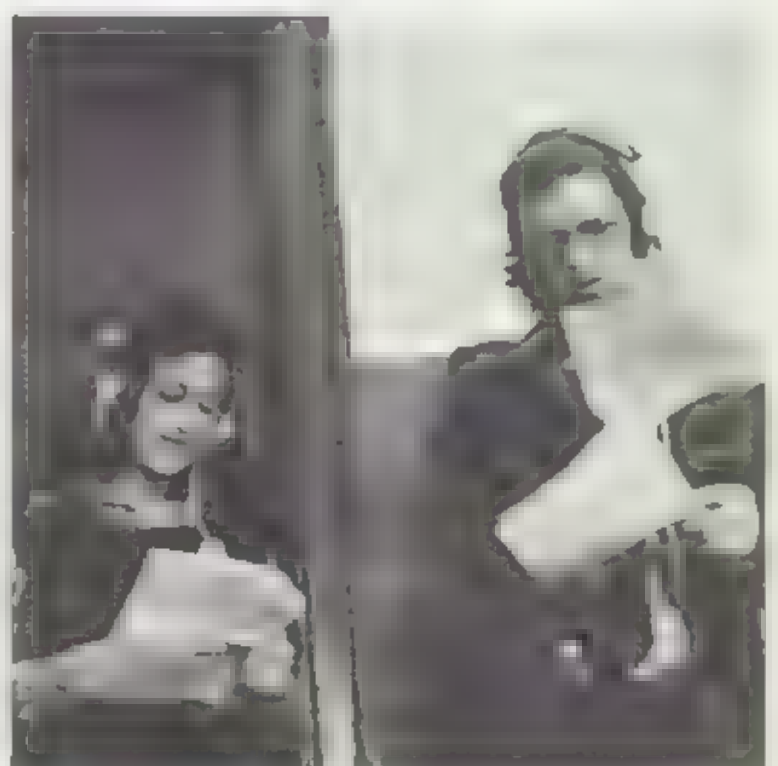
Dori Eden

M i d j e t



1st row: L. Heyman, A. Davis, K. Mann, A. Freiman. 27
2nd row: C. Colombo, S. Weinberg, V. Neville
3rd row: A. Weiss, J. Bruckner







Field Hockey









Undeclared

Friends	5	Lutheran	0
Friends	2	Baldwin	0
Friends	5	Fieldston	0
Friends	2	Locust Valley	0
Friends	3	St. Mary's	0
Friends	2	Wheatley	0
Friends	4	Kew Forest	0
Friends	3	Waldorf	0
Friends	3	Holy Child	0

Clockwise from top: Kimi Puntillo, Valerie Taylor, Merrie Hull, Allison Bannister, Daphne Riker, Debbie Colombo, Nina LeMay, Mary Mann, Vicki Chessler, Tilde Mariani, Pam Walker, Tina Rose, Kyna Kerwin, Sally Fraser

Middle: Barbara Gallagher

LONG ISLAND CHAMPS

Undeclared

Friends	6	Lutheran	1
Friends	4	Baldwin	0
Friends	5	Fieldston	0
Friends	4	Locust Valley	0
Fields	4	St. Mary's	0
Friends	3	Wheatley	0
Friends	2	Kew Forest	0
Friends	1	Waldorf	1
Friends	3	Holy Child	1

Clockwise from top: Paulette Lagana, Betsy Bromberg, Beth Wieman, Ann Markowitz, Chris Rising, Kitt Bosse, Patti Marcus, Gale Bohner, Jackie Feldman, Robin Walker, Laura Wicker, Patti Francolini, Laurie Bruckner, Janet Post, Kendall Bradley, Adele MacDonald, Melinda Ahood
Middle: Aileen Potter



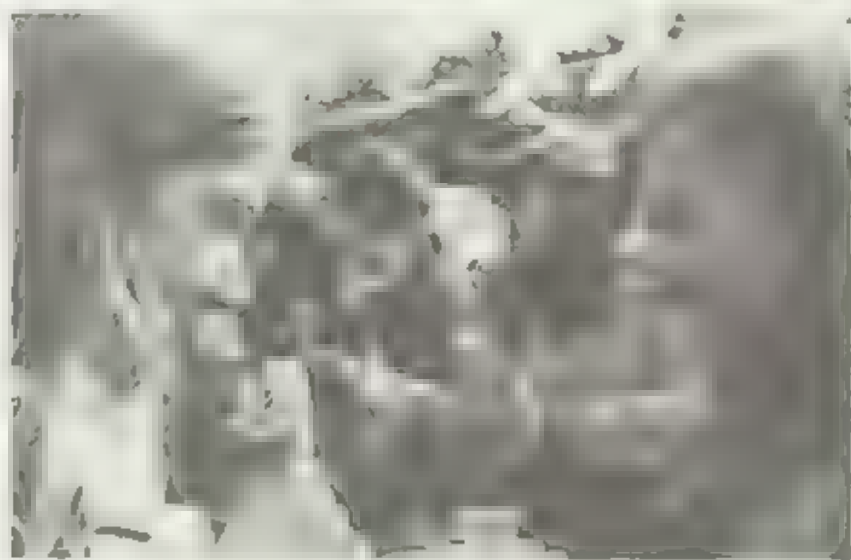


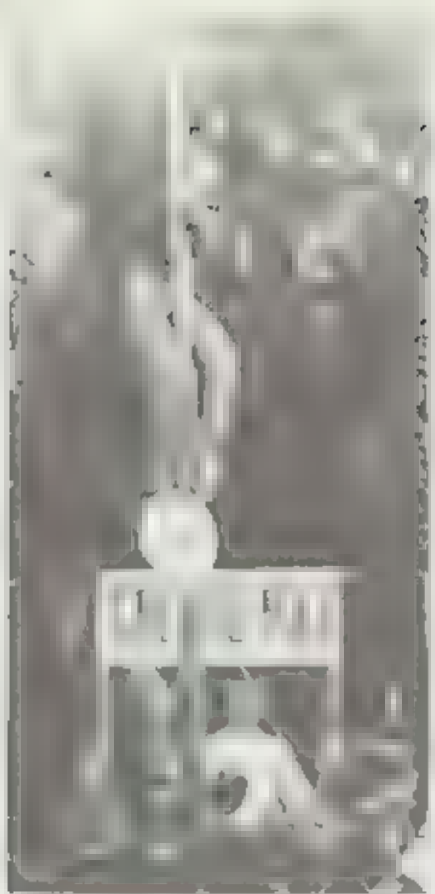
Fall

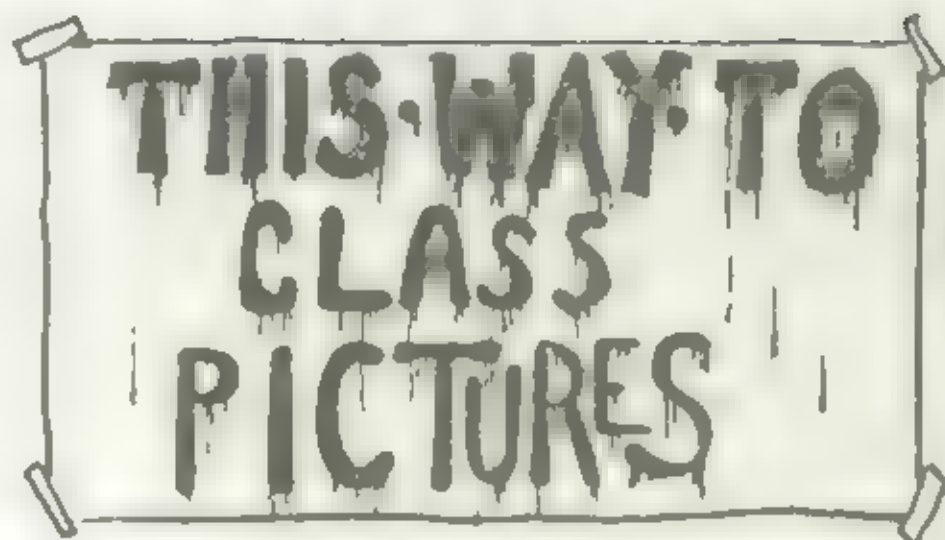
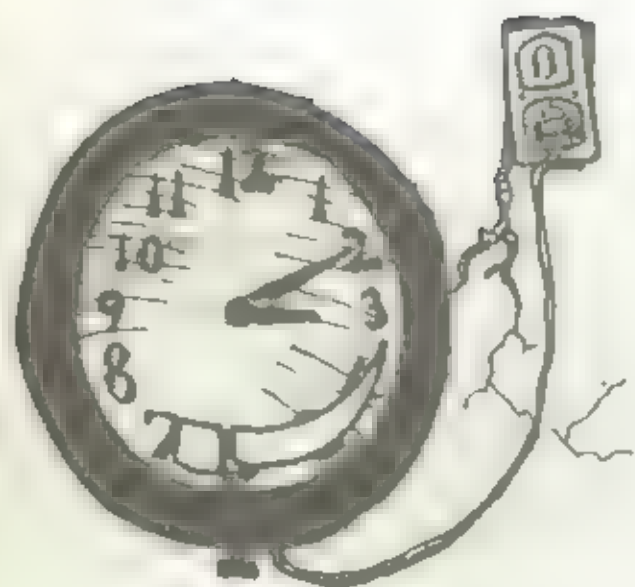


Fair









SEPTEN
WIERZBICKI
1972

Sixth Grade



1st row Lisa Skriver, Danny Gledman, Charlie Pohl, Tom Rubin, Peck Mahaguna

2nd row Maggie Keats, Leslie Fromm, Susan C. Linn, Pam Piccini

3rd row Bill Shea, Doug Schneider, Pam Edridge, Henry Carbone, Gigi Troy, David Morris, David Hlavsa, Erik Simes, Harry Parker, Jack Hawkins, Bev Taylor

4th row Susan Thomas, Tim Simms, Tommy Marcott, Mona Leonard, Terry Cavan, Alison Carey, Gigi Powell

Absent: Mark Diamond, Susan Giordano, Frank Lytle



1st row: J. Aronsohn, S. Newlin, R. Stravitz, M. Ladinsky, S. Honig, A. Freiman, M. Flynn.
2nd row: K. Vuillet, E. Dillof, C. Swift, J. Wylie, L. Bergmann, M. Janoska, P. Shames, E. Guidi, J. Maiden.

1st row: A. Wade, L. Bergmann, E. Schulman, J. Schiff, G. Gavin, J. Decker.
2nd row: E. Westermann, C. Copp, K. Winner, J. Lee, S. Vittoria, J. Schneider, J. Allen, J. Pill, J. Plock.



Seventh



Grade

1st row: J. Goldsmith, A. Lovell, B. Bartlett, L. Heyman, A. Blaney, S. Francolini.
2nd row: M. Rines, J. Albertson, A. Swezy, L. Gilden, D. Huntoon, V. Fromm, K. Drasher, S. Klocke, V. Kooby.

1st row: J. Mack, B. Paillet, A. Furgatch, T. Hawkins
2nd row: W. Cooper, D. Sengstaken, F. Freese, B. Prisant, M. Simmons

Absent: Liz Holterman, Willy Ingraham, Liz Leach

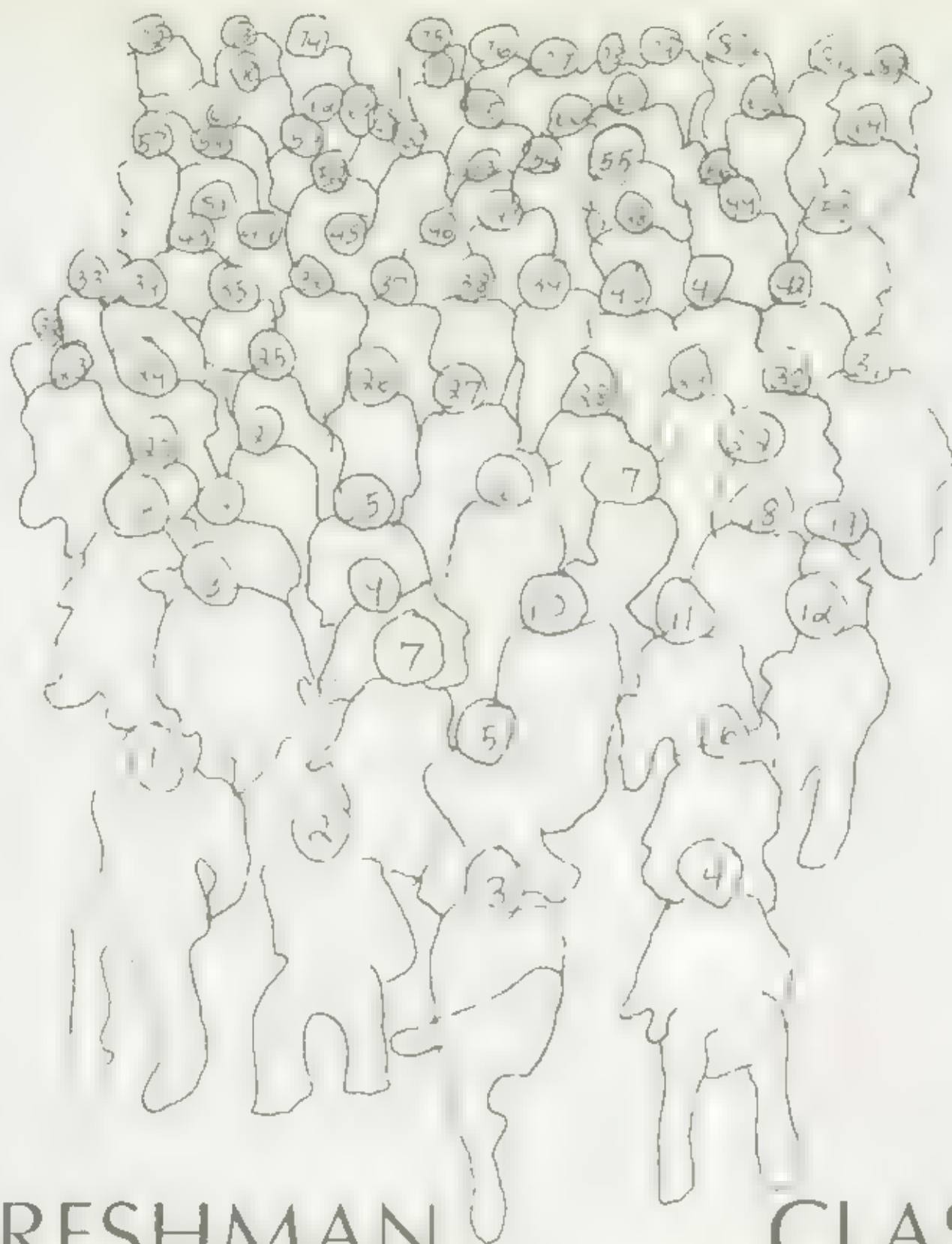


Eighth Grade



1st row: Elizabeth Randall, Debbie Sacken, Ellen Cross, Sharon Weinberg, Vicki Neville, Sue Schraeter, Stephanie Apt, Kathleen Mann, Jave Ladinsky, Lynn Goodman
2nd row: Betsy Licht, Andrea Abels, Janet Bruckner, Lisa Morris, Cynthia Colombo, Katherine Deregibus, Peter Lemay, Jordan Grabel, Peter Rubin, Keith Spero
3rd row: Amy Schmidt, Marcia Cohn, Lynne Mallory, Ed Silver, Nevin Dabin, Bill Power, Jim Shirley, Jim Fegley, Allison Davis
4th row: Ling Li, Eric Morrison, Kavita Kamat, Jerlyn Zuckerman, Martha Rabenstein, Marcy Westerling, Sharon Beckhard
5th row: Patrick Diaz, Thomas Lovell, Keith Fox, Charlie Cooperstein, David Cavan
6th row: Stephen Patrice, Griffith McNair, Christopher Arrau
7th row: James Scott, Mike Teite, Craig Oliver, John Eper, Keith Conner, Clay Spencer, Jonathan Staiger
8th row: Edmond Kunmann
Absent: Bob Goldstein, Joanna Parker, Charlotte Plock, Peter Shames, Heather Villiet, Ann Weiss





FRESHMAN

CLASS

1. J. Marshall 2. R. McCreevey 3. P. Ackerman 4. J. Freyman 5. J. Henderson 6. E. Keshin 7. J. Garner 8. J. Abbott 9. J. Jankoski 10. G. Virga 11. D. Shea 12. K. Pill 13. J. Batty 14. S. Broner 15. J. Checca 16. J. Mincer 17. C. Gilmore 18. P. Steger 19. M. Soriano 20. L. Stern 21. S. Welsh 22. T. Gordon 23. L. Wu 24. M. Linke 25. J. Jey 26. G. Goodman 27. C. Neville 28. J. Bhabar 29. J. May 30. R. Kelley 31. S. MacDonald 32. M. Brennan 33. J. Bolton 34. R. Desai 35. J. Jackson 36. J. Frey 37. J. Neelross 38. J. Wall 39. J. Andrea 40. D. Erickson 41. B. Moran 42. J. Brown 43. C. Goodrich 44. N. Gerardo 45. R. Carlsberg 46. R. Nappa 47. J. Thomas 48. K. Epstein 49. K. Thompson 50. R. Van Raate 51. R. Lenzner 52. A. Grew 53. C. Di Matteo 54. A. Fanner 55. J. Viscardi 56. D. Henahan 57. J. Galchins 58. A. Savestri 59. C. Korbin 60. C. Rose 61. L. Sprague 62. N. Nichols 63. C. Vittoria 64. J. Kemble 65. J. Kessenda 66. M. Goldsmith 67. P. Brown 68. B. P. et 69. C. Morris 70. J. Mackay 71. C. Campbell 72. C. Francolini 73. F. Forelle 74. L. Giffuni 75. K. Makris 76. N. Passerini 77. M. Mulvin 78. J. Abels 79. P. Westermann 80. K. Sawyer 81. A. Maha Guna 82. J. Ottaviano ABSENT: A. Keogler

SOPHOMORE



Kneeling: Harriet Grimm, Susan Gravina, Robin Beckhard

Second row: Chris Fowler, Robert H. Sterman, Paul Basse, Jill Fowler, Debbie Colombo, Charlotte Leslie, Barbara Gallagher, Helen Caver, Nicki Levitt, Nancy Asinof

Third row: Terry Chermak, Beth Karlin, Lynn Chamberlain, Allison Bannister

Standing: Kyna Kerwin, Andrea Alpern, Jay Buckley, Jeff Jones

Second row: Lisa Kimmel, Sarah Henderson, Sally Fraser, Stuart Jordan

Third row: Steve Donohue, Tom Aufiero

Fourth row: Peter Flint, Gene Knoll, Howie Klein, Greg Azzolin, Danny Hargy, Penny Wylie, Nina LeMay, Vick Chesler, Wendy Bell, Roger Thomas, Merrie Hu

Up a tree: Jud Frey, Kevin Hertzwig

CLASS



Kneeling: Linda Matlack, Mary Mann, Kim Paulson, Karen Straus, Allison West, Pam Walker, Tina Rose, Debbie McNair, Pam Westering, Linda Rell, Mary Weir.
Standing: Linda Tolson, Karl Olander, John Sengstacken, Chris Staddock, Stefan Shatter, Valerie Taylor, Daphne Riker, Chris Mayer.

Second row: Jim Spencer, Jim Sandersack, Doug Mahery, Jim Solomon, David Shetter, George McIlroy, Maurice Reid, James Peterson.

Third row: Forrester Percer, Chris Van Wert, Robert Levy, Randy Perkins, Stephen Warzback, Susan Thomas, Gene Persig, Tina Martin, Betsy Weir, Condon Troy.

Up a tree: Rich Walters.

Missing: Peter Barry, Chip Behal, Cathy Bechman, Laurie Block, Betsy Boher, Drew Diaz, Ellen Fasano, John Goodwin, David Hamsley, Nancy Hickok, Julie Kautman, Forest Levin, Kelly Maguire, Dang Managuna, Caran Swift, John Vohs, Henry Yen.



JUNIOR

Top row: Gale Behner, Tim Andrea, Bill Anderson, Bradley Abbott, Laurie Bruckner, Vicki DeTolock, Linda Bruckner, Robert Connery

2nd row: Evette Beckett, Kendal Bradley, George Brandt, Nancy Cottoy, R. Lotta DeAngelo, Betsy Bromberg, Tom Cullen, Brian Connolly

3rd row: Peter Bowne, Kenny Block

4th row: Rick Martin, Joe Marchala, Roger Levine, Cliff Levette, Nick Nichols, Joan McGrane, Liz Murcott, Alan Mincer, Ellen Mutar

5th row: Alice MacDonard, Pat Marcus, Ed Marks, Lesell Lawrence, Ned Nicastro, Anna Peters, Paulette Peters, Josie Merriken



CLASS

Top row: Patt Franco, m. Der Eien, Church, Evans, Roger G. Martin, Jason Kushner, Dennis Haigy, Sandy Hull, Peter Johnston, Hank Guild

2nd row: Jackie Feldman, Betsy Glick, Jim Greene, Gary Hamilton, Phil Knox, Tom Kaufman

3rd row: Gray Goodman, Mike Gordon

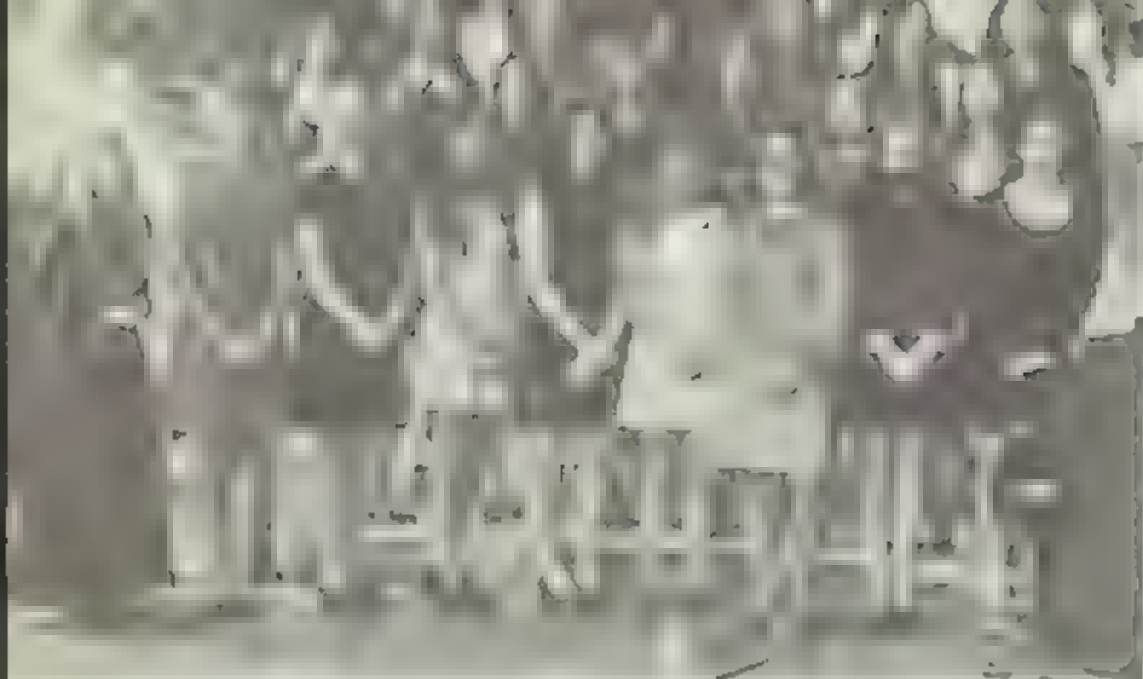
4th row: Julia Setton, Bill Picot, Roger Stern, Mike Rutpe, Stuart Rinschler, Dean Triden, Ed Weiss, Robin Walker, Bruce Wood

5th row: Bob Rose, Pam Rubin, Pam Spiegel, Sue Schrenze, Laura Schmidt, Ann Withington, Greg Van Raalte, Marion Van Ingen, Karel Westerling, Alan Teitel

Absent: Peter Brockway, Kate Hartley, Jim Luttrell, Stuart Titus







A Cappella



SOPRANOS

Allison Bannister
Robin Beckhard

*Kitt Bosse
Vicki deToledo
Nancie Hickok
*Paulette Lagana
*Adele MacDonald
Tilde Mariani
*Ann Markowitz
Josie Merriken
Karen Straus
Robin Walker
Elizabeth Wieman

Choirmaster: Arthur F. O'Hanlon

ALTOS

Nancy Asinot
Laurie Bruckner
Patti Francoin

Sally Fraser
Susan Gravina
*Kate Hogerton
*Ian Klocke
*Leslie Lawrence
Anita Peters
*Elizabeth Rose
Linda Tillotson
Pam Walker
Laura Wicker

Choir



Chamber Choir



TENORS

William Adelson
Robert Connery
*Frank Erickson
*Sanford Hull
Stuart Jordan
*Walter Magill
Kurt Olander
James Peterson
Jonathan Spencer
*David Staples
Chris Van Vliet

BASSES

Bradley Abbott
Paul Bosse
Scott Burkhardt
Ewing Butler
*William Dudjom
Peter Flint
Jeffrey Leach
*Ken Manos
*Foster Nichols
John Vohs
*Bruce Wood
Henry Yen

*Chamber Choir







Varsity Basketball



Coach Kal Wynot, John Goodwin, Nick Nichols, Nick Seamon, Peter Thomas,
Ken Manos, David Rosenberg, Mike O'Brien, Vince Mazzeo, Gary Hamilton,
Phil Knox, Tom Cullen, Brian Connelly
Kneeling: Managers Stuart Jordan, Peter Flint, Jim Solomito

J.V.



1st row: Gene Persip, Jay Buckley
2nd row: Eric Keshin, Jon Heyman, Kevin Hertzweg, Mark Goldsmith, Ken Epstein, Bob McGreevey, David Henahan, Jeff Jones, Jud Frey
3rd row: Joe Macy, Tommy Autiero, Randy Perkins, Joe Marshall, Louis Giffuni

Current Affairs



Russian Club





Chess
Club



Varsity
Club

Debating
Team





Ice Hockey

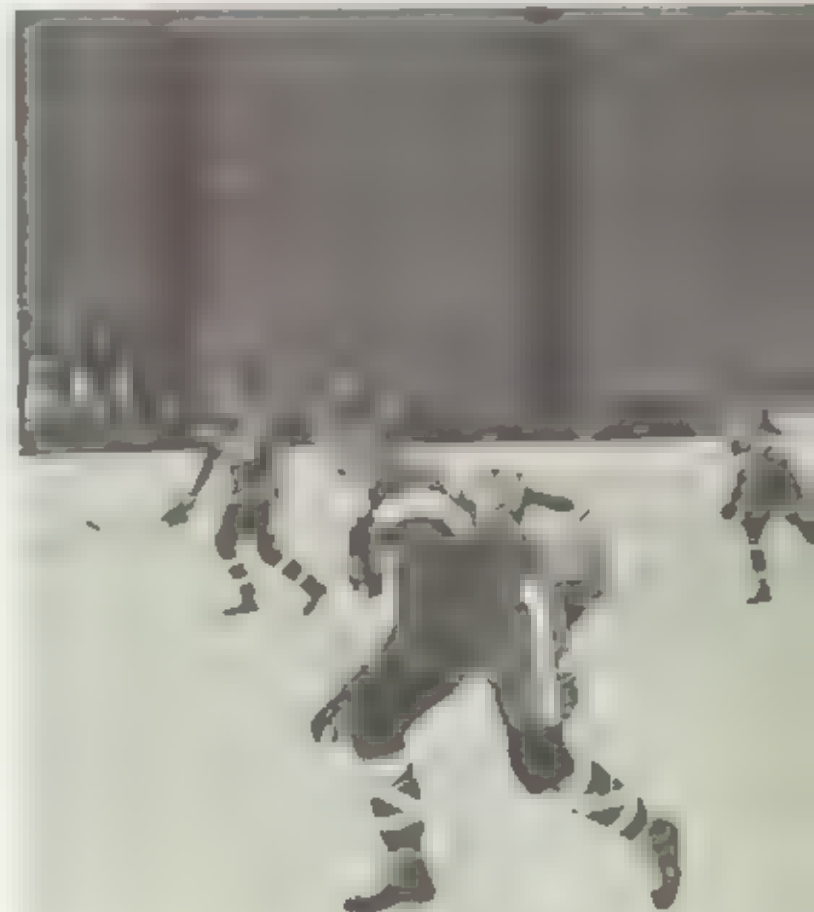




1st row: Joe Jackson.

2nd row: Coach Charlie Williams, Ewing Butler, Ken Pill, Jay Andrea, William Picoli, Bruce Wood, Donald Shea.

3rd row: Peter Johnston, Peter Breen, Steven Donahue, Hank Rush, Scott Bourge, Bob Eastment.





Our Town



Joe K...



Director Al Haulenbeek







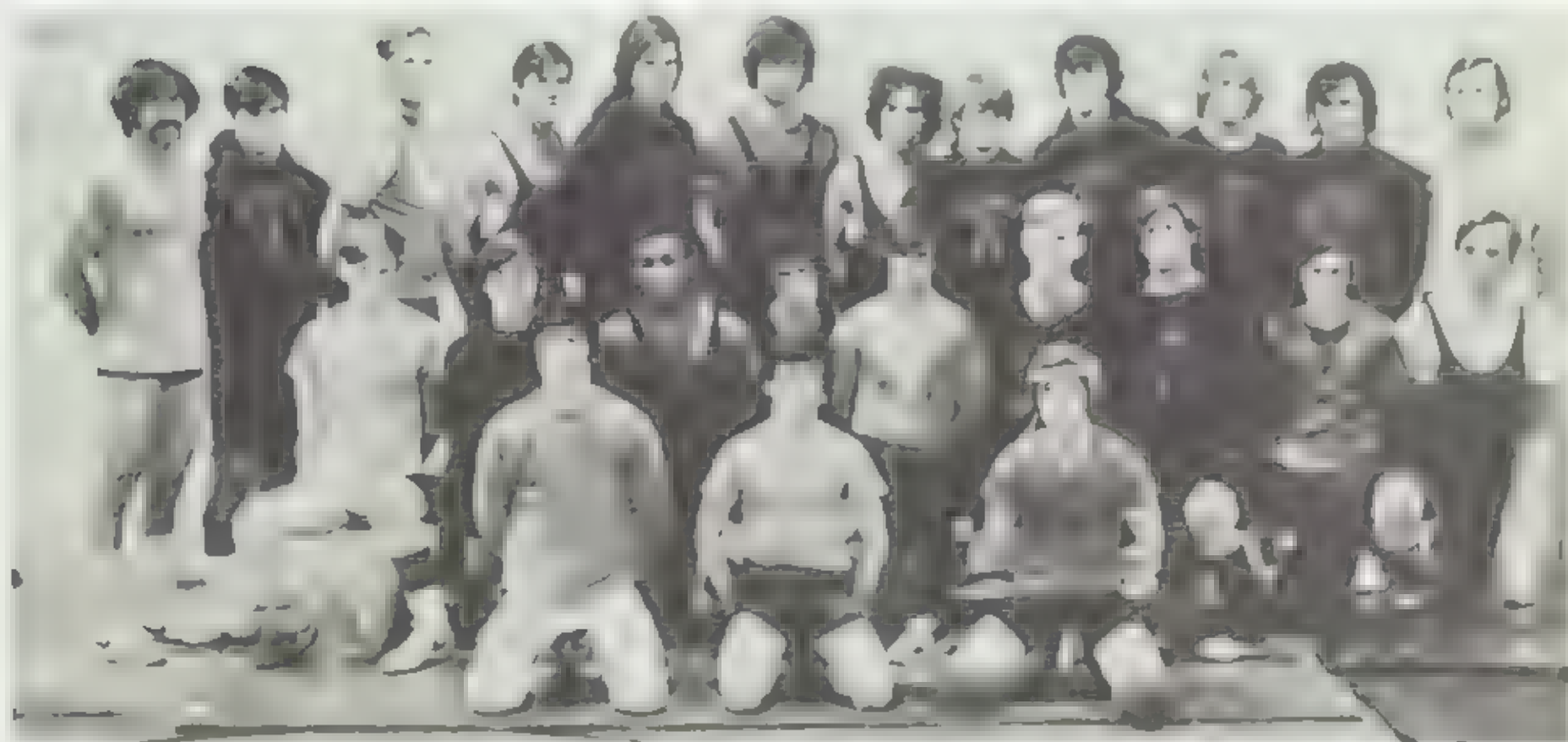


M.A.A.P.S. Champions



Kneeling: Forrest Levin, Greg Morris, Chris Shaddock
Standing: Coach Kingston Heath, Coach Marty Jacobson, Drew Diaz, Frank Erickson, Gene Knol, Woody Simes, John Spencer, Chip Behal

Wrestling

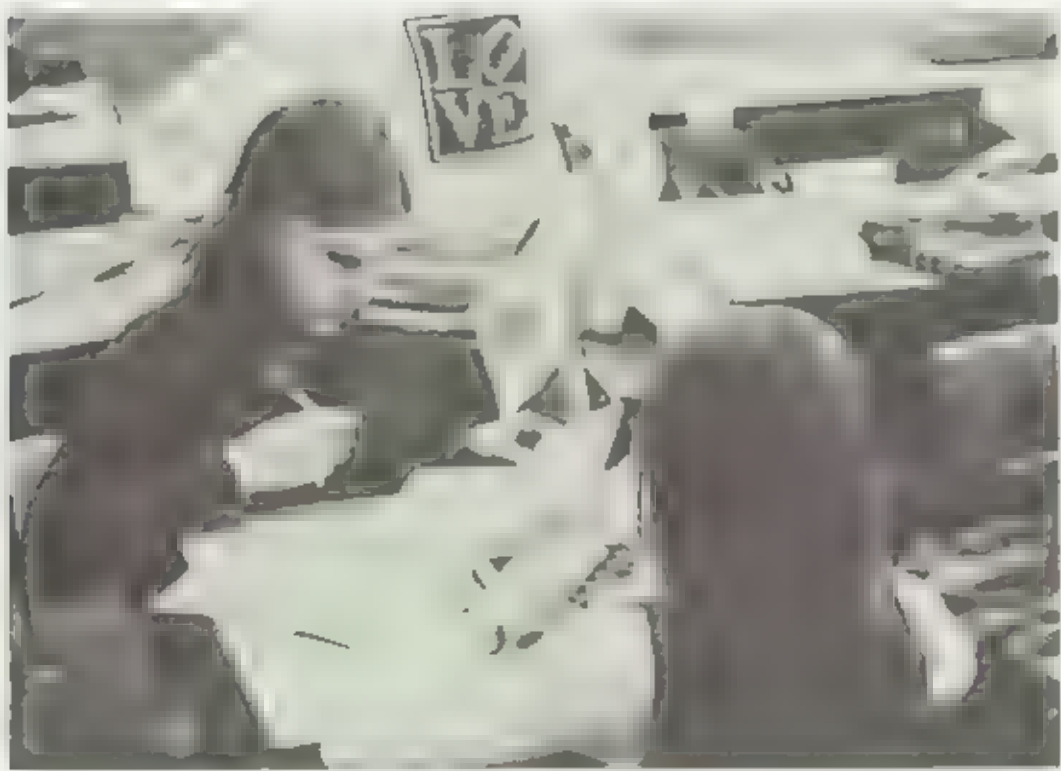


Kneeling: Greg Morris, Stefan Shatter, Chris Shaddock
Sitting: Donald Erickson, Todd Brown, Maurice Reid, Forrest Levin, Howie Keen, Kurt Olander, Terry Chermak, Doug Matory, Scott Burkhardt
Standing: Coach Marty Jacobson, Fred Abels, Frank Erickson, Gene Knol, Bruce Nauman, Alan Tettel, Drew Diaz, Albert Keoger, Cliff Gardner, Keith Thomson, Woody Simes, Coach Kingston Heath



MIDDLE SCHOOL





8th Grade Basketball



1st row: Katie Deregibus, Amy Schmidt, Kathleen Mann
 2nd row: Heather Vuillet, Susan Schroeter, Lib Randall,
 Stephanie Apt, Vicky Neville,
 3rd row: Coach Lesley Graham, Ann Weiss, Lisa Morris,
 Betsy Licht, Marcia Cohn

7th Grade Basketball



1st row: Michele Simmons, Laura Bergmann, Catherine Copp, Liz Dool,
 Liz Holterman
 2nd row: Alice Wade, Jane Goldsmith, Susan Vittoria
 3rd row: Susan Honig, Susan Francolin, Coach Ann Wade, Lisa Heyman,
 Lisa Bergmann

Midjet Wrestling



1st row John Lee, Jim Shirey, Jordan Grabel, Peter Rubin, Mark Janoska, Pat Diaz, Ling Li, Tom Lovell, Nevin Dubin, Ed Sever, Mike Teitel, Coach Pat Argento

2nd row Greg Gavin, Jim Scott, Billy Powell, Kurt Wanner, Matt Ladinsky, Todd Stravitz, John Pock, John Decker, David Sengstaken, Barry Pallet, Steve Newlin, Ed Kunnmann

Midjet Basketball



1st row: Steve Patrice, Keith Conner, Coach Dave Clark, Chuck Cooperstein, Peter LeMay, Keith Fox, John Epler

2nd row Jim Maiden, Craig Oliver, Tim Fegley, Chris Arrau, Eric Morrison, Peter Shames, Guy Spencer, Giff McNair, Robert Goldstein, Jeff Pill

3rd row Jeff Schitt, Tom Hawkins, Willy Freese, Andy Furgatch, Jamie Wyne, Jim Allen, Paul Shames, Barden Prisant, Jon Mack, Wayde Cooper, Ciaran Swift, Jim Aronsohn, Eric Guidi



FACULTY



SHOW





Sitting: Dick Holland, Wendy Fitzrot, Mary Craig, Margo Nassar, Darla Lawlor
Standing: Arthur O'Hanlon, Tom Cardellicchio, Lew Fitzrot, Alan Craig, Fares Nassar, Judy Wynot, Kal Wynot, Murphy

Birthday Party

Arthur O'Hanlon, Cal Fitzrot, Weaver Fitzrot, David Craig, Ian Craig, Chris Holland, Eric Wynot, Blake Wynot, Suzie Nassar, Charles Nassar, Karen Mann, Sara Lawlor
Lying down: Andrew Cardellicchio







Varsity Basketball



Left to right: Coach Lesley Graham, Paulette Lagana, K. J. Bosse, Jackie Feldman, Laurie Bruckner, Beth Wieman, Valerie Taylor, Ann Markowitz, Chris Rising

J.V.



*1st row: Kyna Kerwin, Tilde Mariani, Lise Kimmel, Daphne Riker
2nd row: Nancy Asinof, Allison Bannister, Sally Fraser, Dang Mahaguna
3rd row: Laura Schmidt, Liz Hutchins, Coach Lesley Graham, Liz Brosnan, Kim Puntillo*



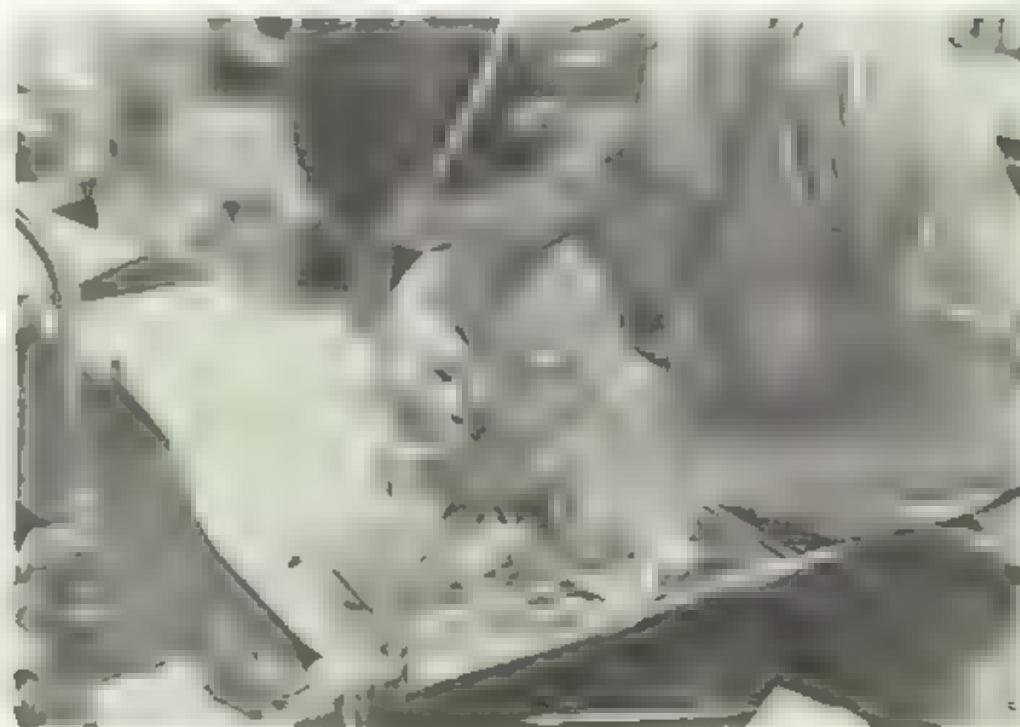
LOWER SCHOOL

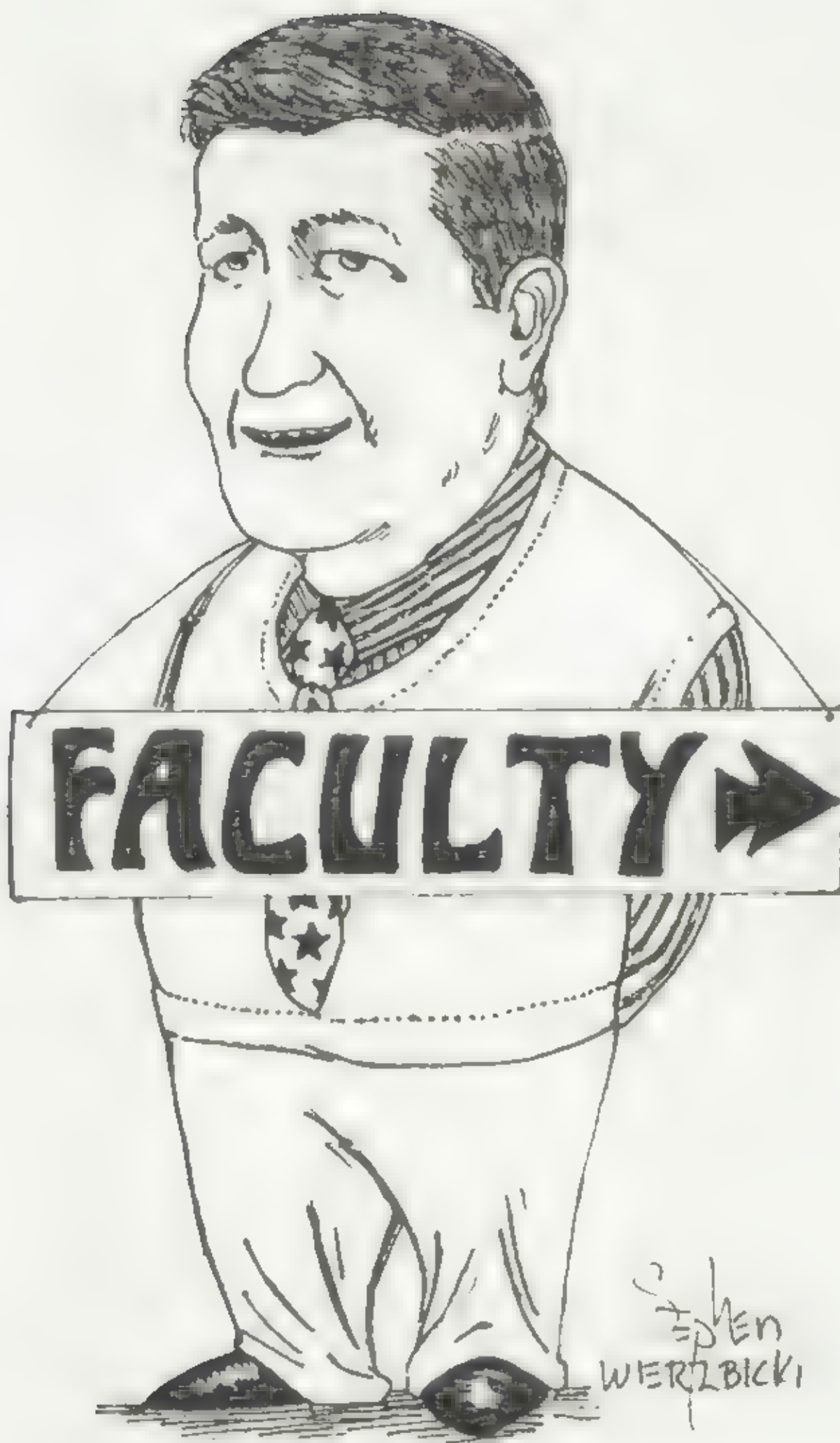






Advanced Bio







John B. Hyman

Sarah Vulliamy



80 *Marianne Doolittle*

Robert H. Crosby

Lewis H. Grot



Thomas L. Campbell



Blanche Schmidt

Arthur F. O'Hanlon





Ken Cooper



Kingston Heath



Eugene A. Heimer



Jim Luongo



Ruth Field



Richard Holland



Peggy Bruce



Janet E. Haberman

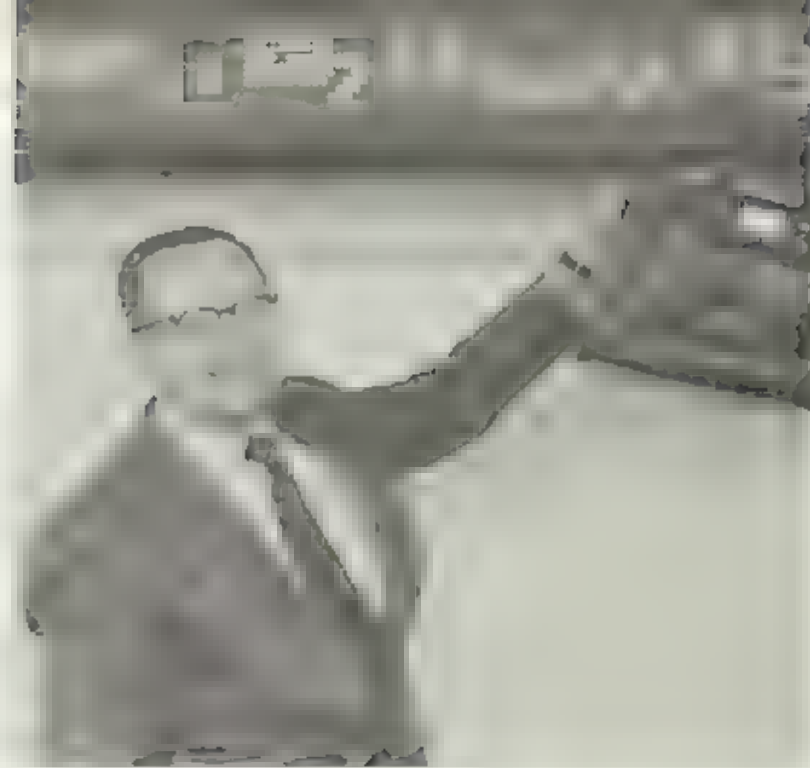




Armenia Adela Lleras



Susan Adams



Thomas G. Mauer



Ward J. Seibert



Patricia Argento



Alan H. Craig



Elizabeth Roosevelt



Jean Eder



Lesley Graham



Pat Staiger



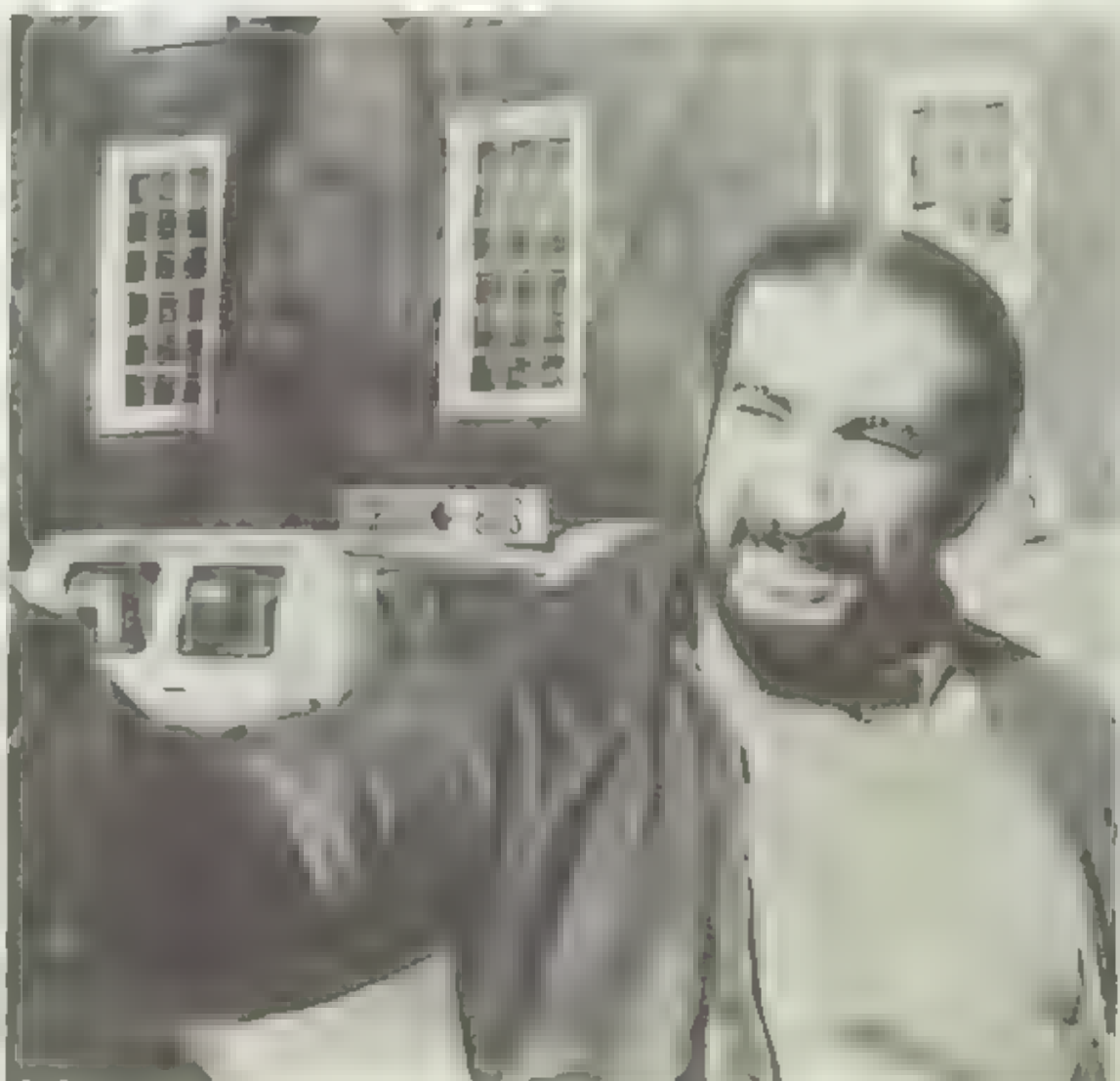
Victor & Cecelia



John Barrett



Marie Sampson



Peter De Filippo



Nathalie Muro



James E. Gardner



Lynn Sacke



Suzanne McGill



Rob Wynne



A Kissan



David Sloan



Bettine Hummestine



Alice E. Philander

Alice E. Philander



Stephen O. Pandolfi



Carla Hawley



John Rusan



A.W. Naul Embury



Mary C. Harris



Joe Scardella
Ann Scruello

Wasn't Calculus a happy time??
Frank O'Connor



90 Charles P. Williams



Frank O'Connor



Mark Jacobson



Mary Jo Dyer



Maureen Durso



Mary Hume



Schuyler Van Ingen



Kim Gordon



Lea C Gordon



Ann Wade



David W Clark



Andrea Tucker



Faris F. Nazzari



Dottie Sings



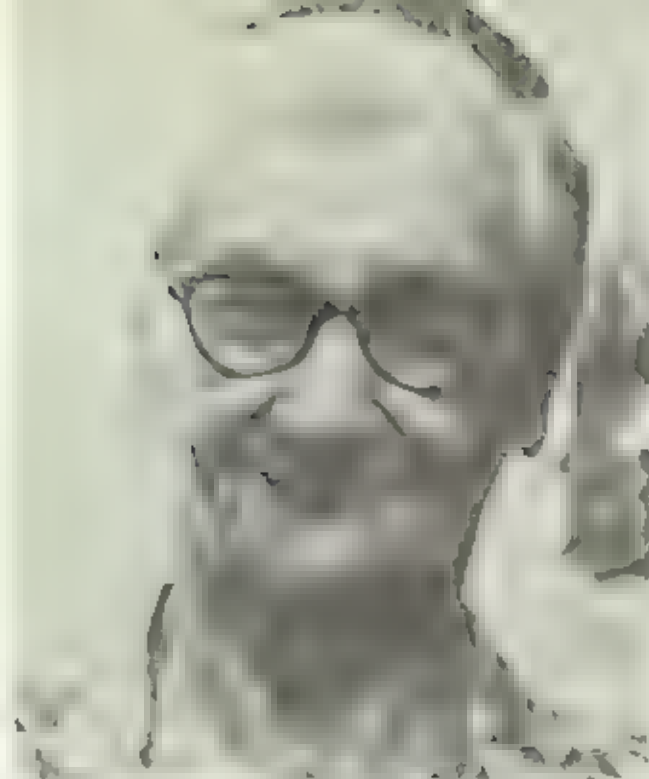
Richard Dyer



Robert P. Lowe



Thomas L. H. H. H. H.
Jean Whittenden



Jacqueline Cooper



Loroly & Preston



Mae Wanda Lucy Sally Jean
Chapman Simons Gale LaBay La Bay



John J. Lawley



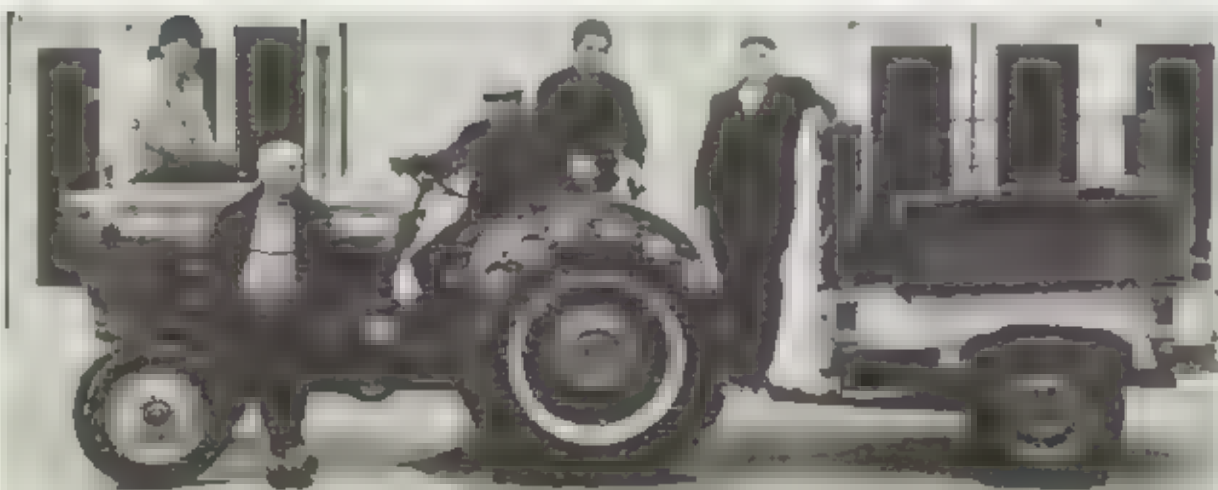
Cora Ann Campbell



Luis Jacobs



Elaine Asprita

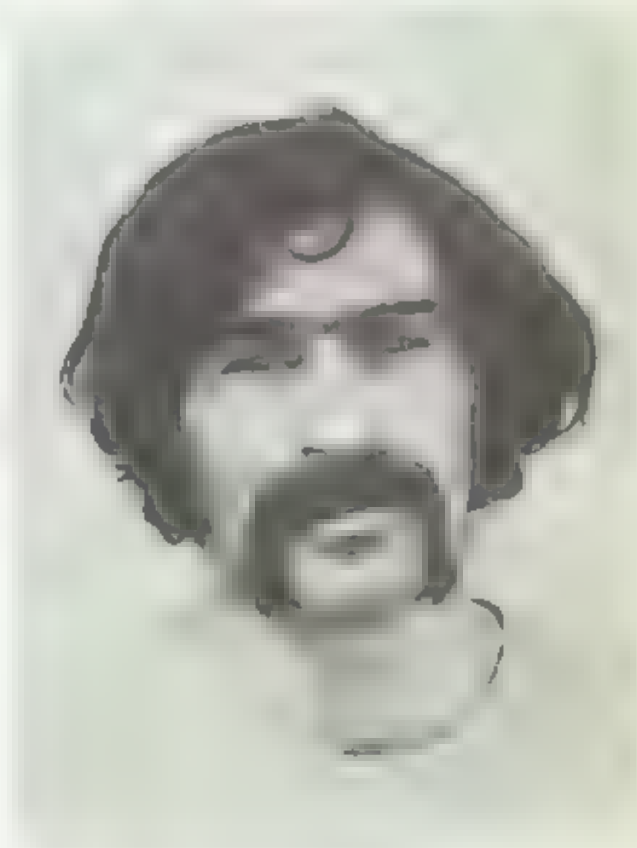
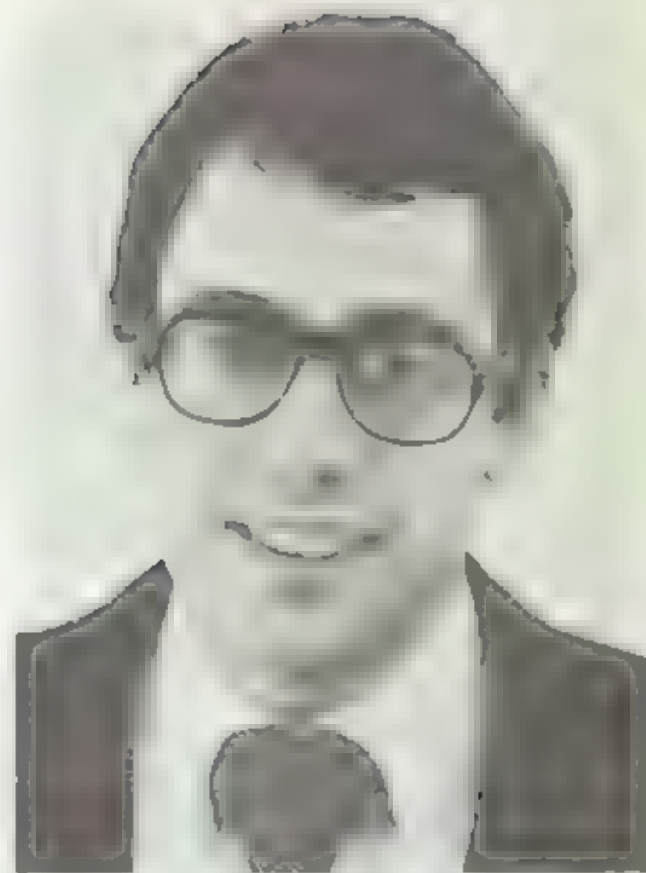


for Mike Muller for a year had



B
e
f
o
r
e





A
f
t
e
r









MISS MAY

THE FASTEST GAME ON FOOT







Kneeling Keith Thomson, Greg Azzolin, Robert McGreevey, Joe Jackson, Todd Brown, Fred Anels, Frank Fore, Stefan Shatter, Peter B. von, Albert Keogler, Louis Giffun, Charles Francolini, Chris Mayer

Standing Frank Erickson, Clay Trauernicht, Sandy Hall, Nick Nemo's, Hank Reusch, John Shipman, Ken Manos, Scott Boege, Mike Kane, Drew Diaz, Jud Frey, Maurice Reid, Tom Authiero



Coaches Joe Umbria, Schuyler Van Ingen, and Dave Clark.



Captains John Shipman and Hank Reusch



Midjet Baseball



First row Ed Silver, James Maiden, Jim Allen, Jack Lee, Keith Spero, Eric Gaudi, Griff McNair, Barden Prisant, Willie Treese, Sam Smith, Chris Arrau, Coach Marty Jacobson
Second row Jett Schneider, Craig Oliver, Willie Ingraham, Jon Mack, Andy Fargatch, James Aronsohn, Wayde Cooper, Keith Conner, Peter Rubin, Ed Kimmann, Ling Li, Keith Fox, Jordan Grabe, Dick Jones

Midjet Lacrosse



First row Paul Shames, John Decker, Kurt Winner, Matt Ladinsky, Barry Pallet, Steve Newlin, John Plock, Mark Janoska, Mike Teitel, Jim Scott
Second row Greg Gavin, Jett Schiff, Jett Pill, Stephen Patrice, Tom Hawkins, Peter Shames, Guy Spencer, Nevin Dublin, Tom Lovell, Jamie Wyke, Jim Fegley, Peter LeMay, Pat Diaz, Jim Shirley
Third row: Coach Dave Clark, Coach Kal Wynot.





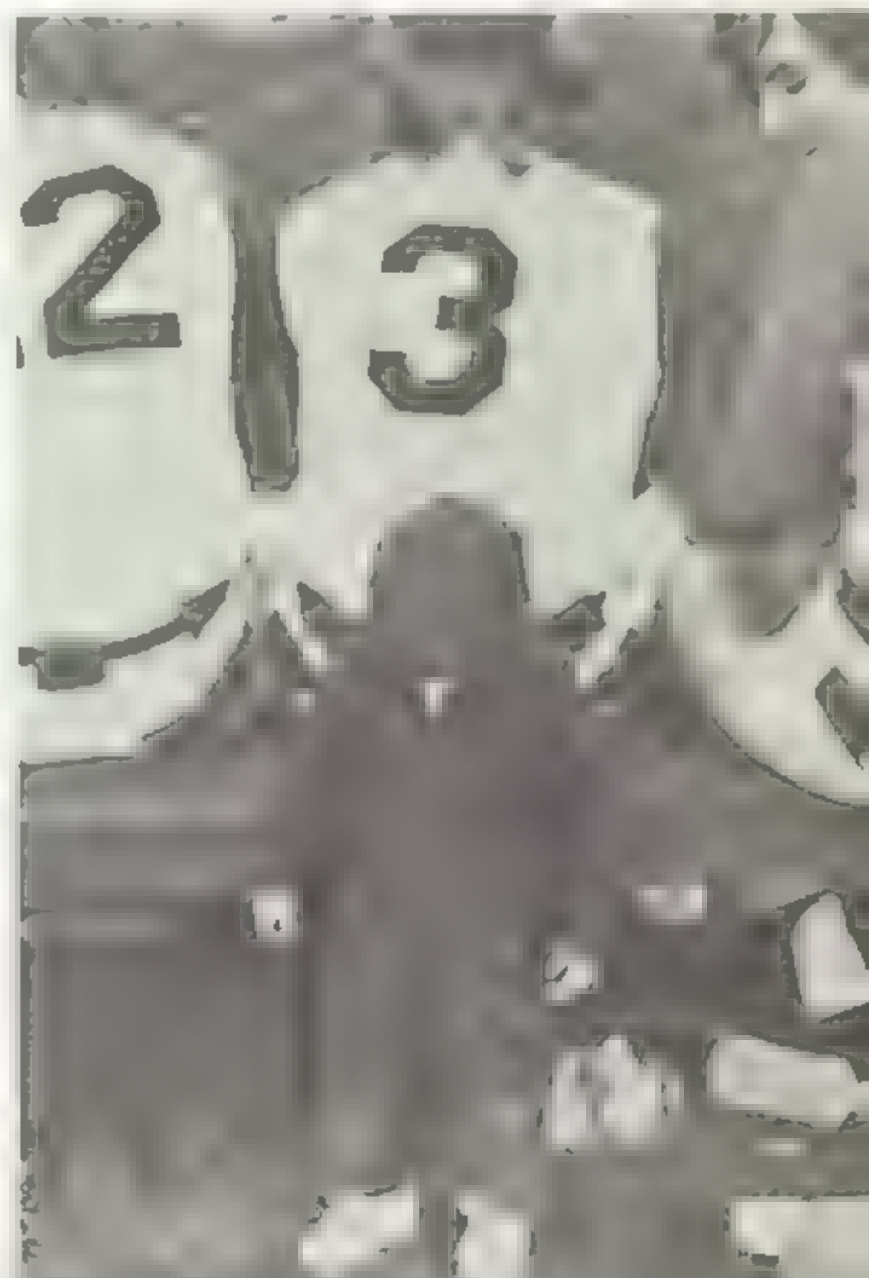
B
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1st row Steve Werzback, Jon Heyman, Randy VanKaatle, Ken Epstein, Chris Campbell, Jay Andrea
 2nd row Jay Buckley, Bruce Wood, Kevin Hagan, Coach Pat Arengio, Joe Mandala, Tony Marvulo,
 Tim Andrea, Kevin Hertzwig, Kenny Block
 3rd row Gary Hamilton, Gene Persip, Mike O'Brien, John Goodwin, Gene Knoll, Steve Donohue,
 Tom Cullen.



Varsity And J.V. Softball

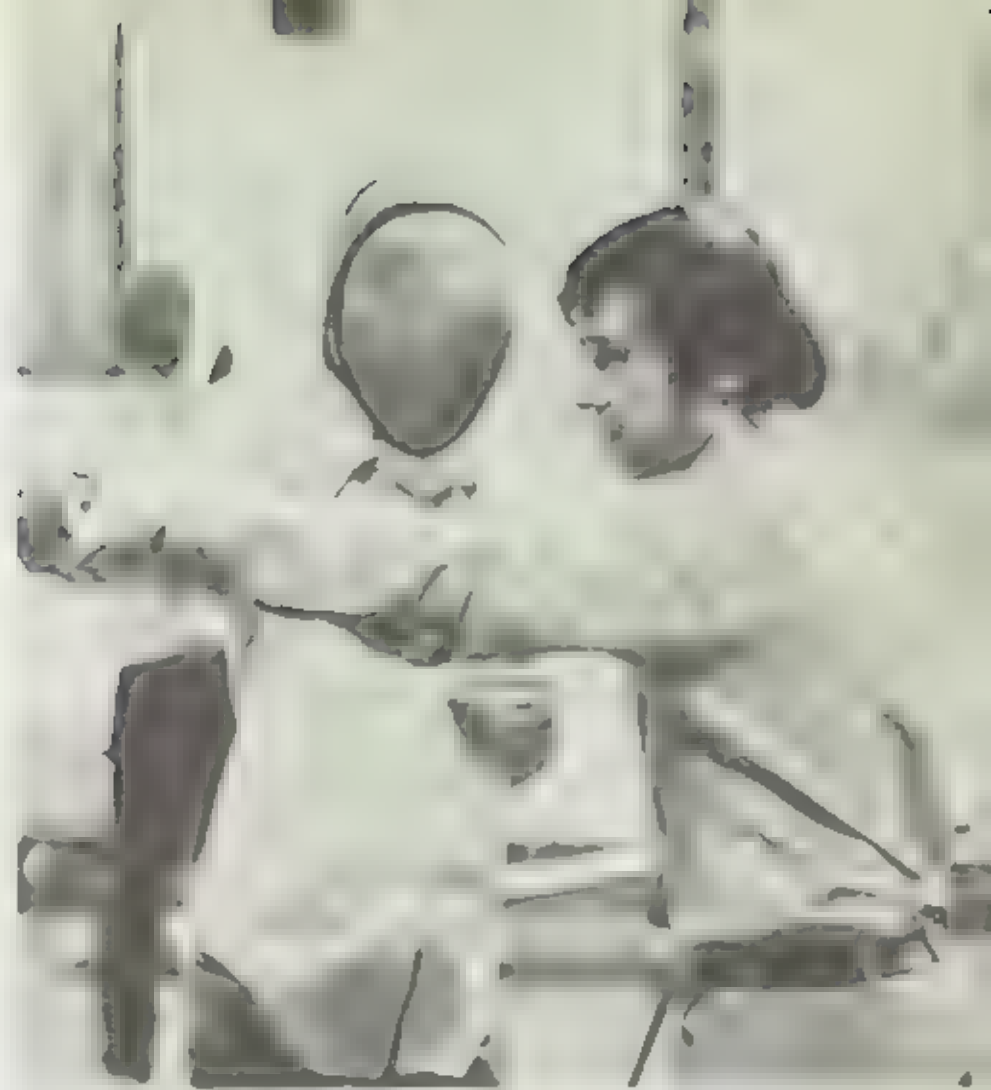
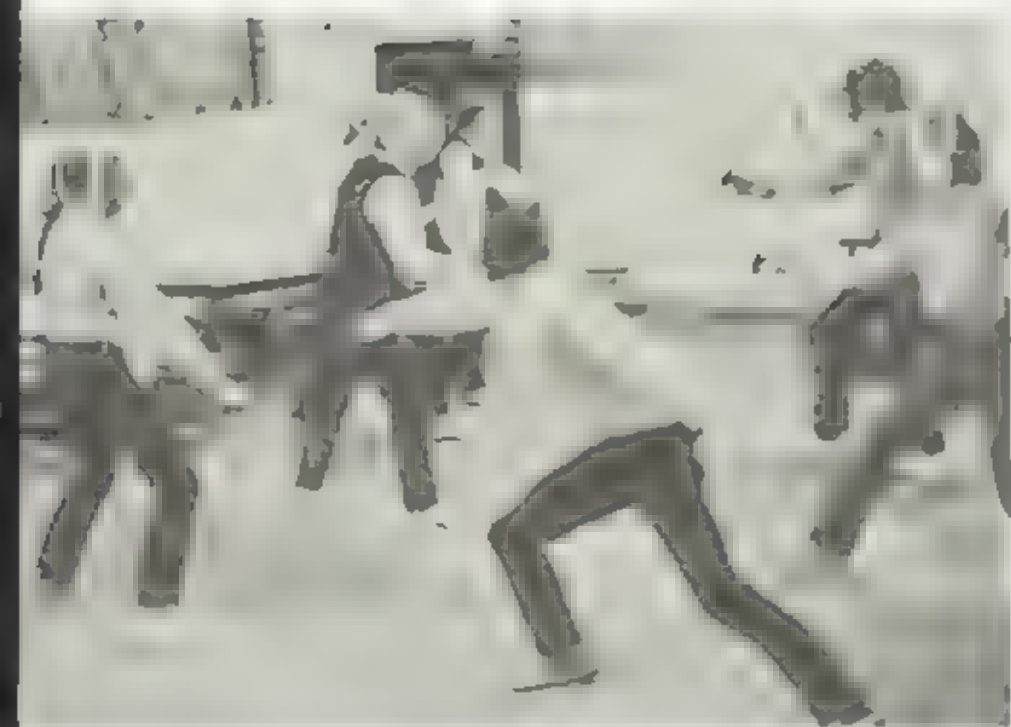


Kneeling: Laura Wicker, Paulette Lagana
Standing: Betsy Glick, Adele MacDonnell, Donna Hargy, Chris Ring, Ann Markowitz, Beth Wieman



1st row: Daphne Riker, Nina LeMay
2nd row: Valerie Taylor, Allison Bannister, Tilde Mariani, Vicki Chesler, Barbara Gallagher, Pam Walker
3rd row: Debbie McNair, Tina Rose

Fencing



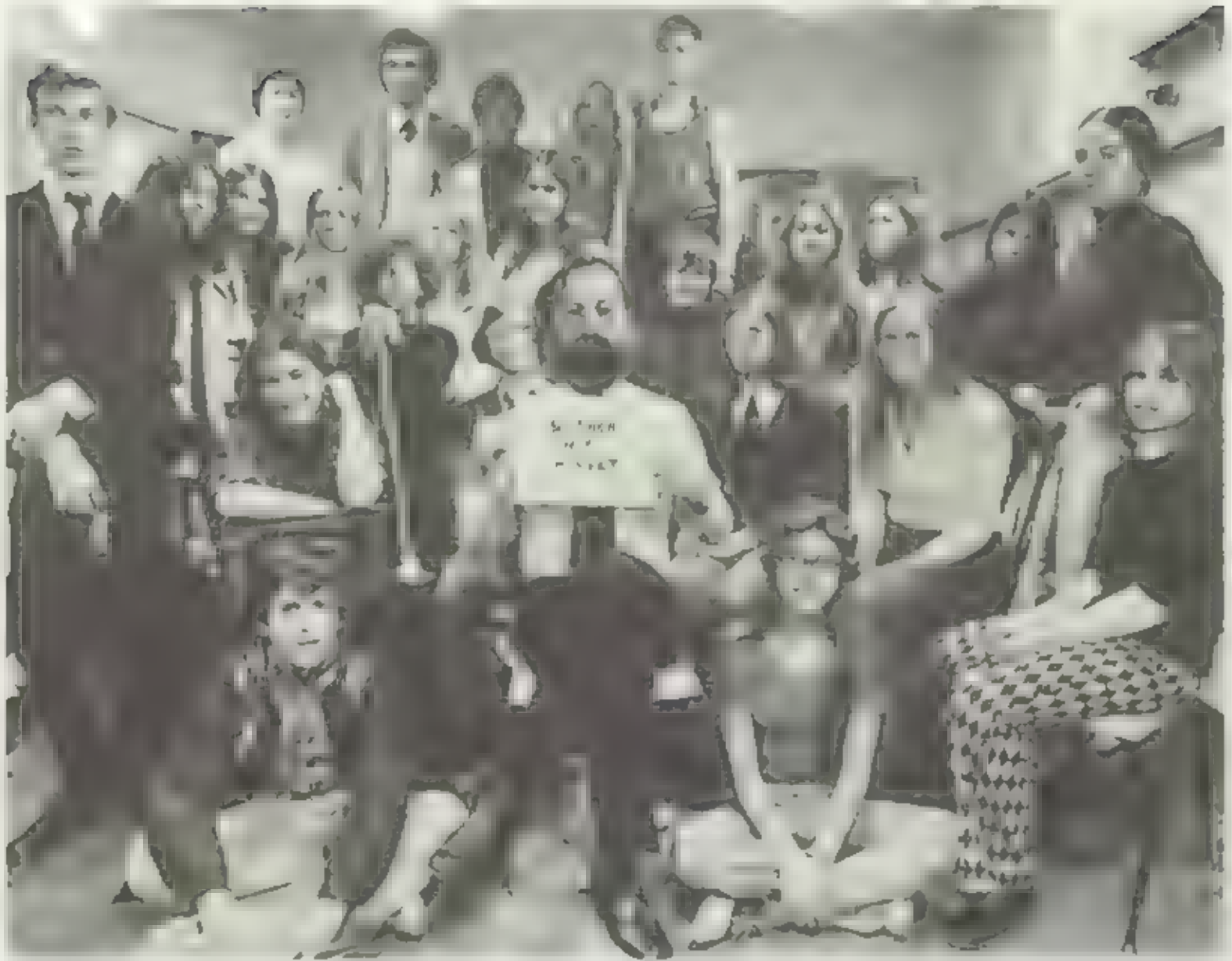
Fencing Master: Joe Servello

Front to back: Merrie Hull, Tina Martin, Bradley Abbott, Karel Westerling, Allison West, Sandy Hull, Julia Sefton, Greg Van Raalte, Bill Dudjor



Front to back: Cliff Lovette, Jason Kushner, Tom Kaufman, Roger Stern, Roberta De Araujo, Mike Gordon, Bill Adelson, Anita Peters, Walter Magill

Instrumental Music



WLVR



Latin Club



Runners



Literary And Arts





Tennis







Left to right: Pam Spiegel, Robin Walker, Marion VanNingen, Patti Francolini, Jackie Feldman, Merrie Hull

Tennis

Left to right: Ed Weiss, Alan Mincer, Jim Greene, Dave Rosenberg, Jett Hull, Jeff Hunt, Nick Seamon, Ewing Butler. Coaches Jim Eder and Charlie Williams



8th Grade Tennis



1st row: Ann Weiss, Marcia Cohn, Susan Schroeter, Ellen Gross, Sharon Beckhard, Marcy Westerling

2nd row: Betsy Licht, Andrea Abels, Lisa Morris, Stephanie Apt, Martha Rubenstein, Lynne Mallory

Midjet Lacrosse



1st row: Jane Goldsmith, Lib Randall

2nd row: Vicky Neville, Susan Francolini, Kavita Kamat, Debbie Sacken, Kathleen Mann, Jaye Ladinsky, Amy Schmidt, Cindy Colombo

3rd row: Janet Bruckner, Sharon Weinberg, Katie Deregibus, Anoosh Plock, Liz Holterman, Lynn Goodman

7th Grade Tennis



From left to right: Michele Simmons, Vanessa Konby, Sara Klocke, Allison Blaney, Wendy Schuman, Barbara Bartlett, Meg Flynn, Lisa Bergmann, Susan Honig, Anne Swezy, Laura Bergmann

7th Grade Softball



1st row: L. Heyman, V. Fromm, E. Westermann

2nd row: K. Vurilet, L. Leach, M. Lovell

3rd row: L. Dillet, D. Huntton, A. Freeman

4th row: C. Copp, L. Bergmann, J. Albertson

5th row: M. Rines, K. Drasher, L. Gilden



Track



Left to right: Bradley Abbott, Chris Van Meter, Woody Simes, Peter Thomas, Bill Dudley,
David Sheffer, Brian Cressey, Kris Horvath, Peter Johnston, Doug Shaw, Rick Martin,
Dori Eden, Rick Walters, Gray Goodman. **Coaches**
Bob Cressey
Lew Hitzrol



All for On
As Friends
Rolls It Up

LV Friends Fail Cressey

LV Friends topple
McBurney, 28-0

Woodmere halted

LV Friends clinches ti

O'Brien

Clinch title tie

Quakers trample

Friends Downs Tennis Foe

Rout Brooklyn in semi

LV Friends in fina

Friends With Rally Wins MAAPS Title

Friends Breaks Tie and Record

Seamon tops Friends' win

Finishes with win over Dalton

LV Friends stays unbeate

FRIENDS 26
WHEATLEY 6

Wheatley—Michael O'Hara caught
a pair of second quarter touchdowns

Romps in Track

SENIORS



STEVE BENJAMIN

Will you try to change things
with the power that you have;
a million new ideas!

Chicago





PETER THOMAS



JEFFREY HULL

I was a'runnin' from my Master
And I tried out every new thing I could find
But my life turned into one disaster
Without the Lord I almost blew my mind
I was sittin' in the front seat
Tryin' really hard to be the driver
Thinkin' I was makin' real good time
But always windin' up a late arriver
But now I been tryin' out the back seat
And I find it is a very great relief
Now I'm ridin' in the back seat
And I'm leavin' all the drivin' to the Chief

LOVE SONG

Jesus said, "I am the way,
the truth and the life
no man comes to the Father
but by me"

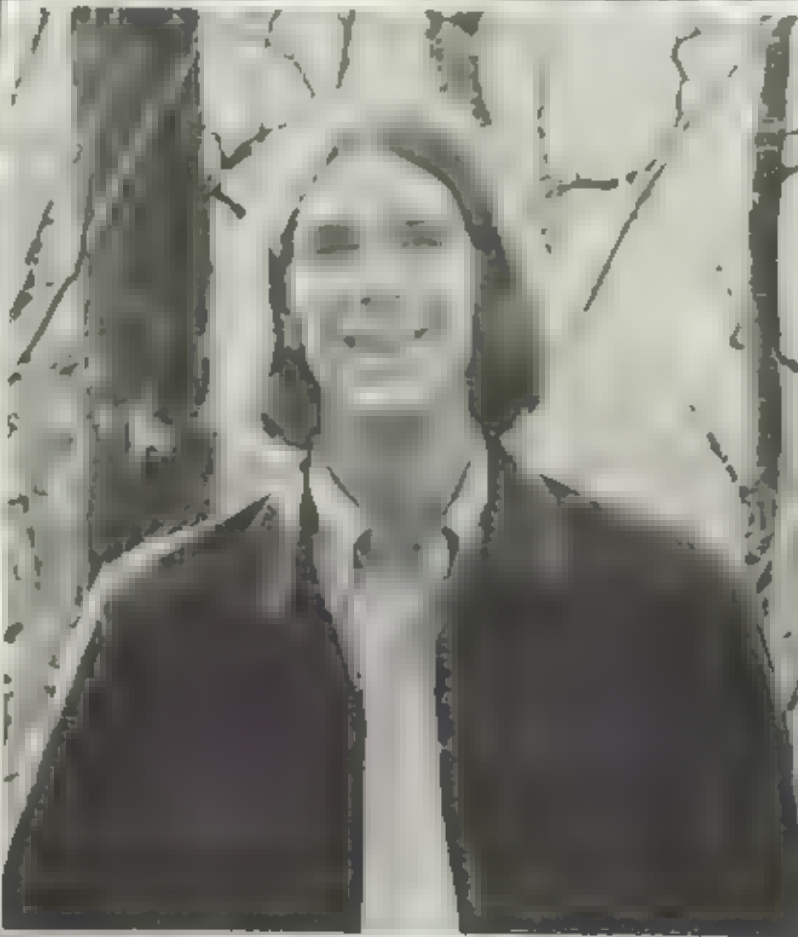
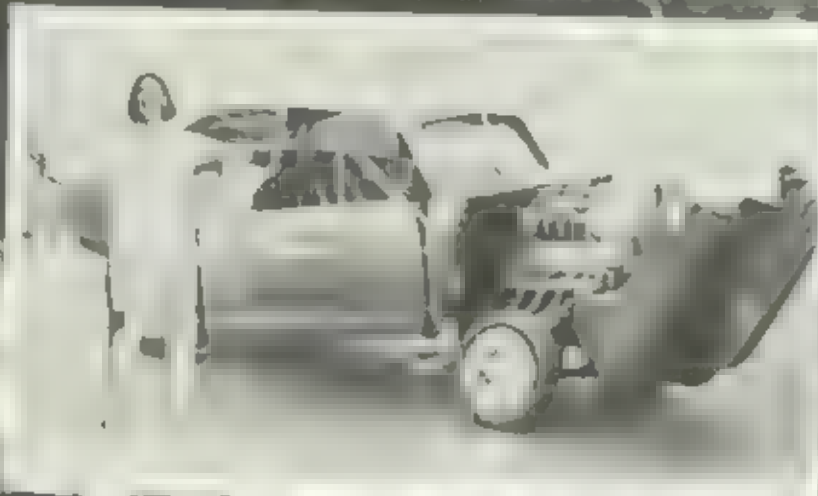
John 14:6

I am not ashamed
of the gospel of
Christ for it
is the power of
God to salvation
to every one who
believes

Romans 1:16

Both:
Remember all the
the ink well and how
your most of them were (even
though I carried on the Free
Press) Remember the
times we had
listening

See and Mr.
Hawkins that
I were goin' to
Have a time at college
Lest
24/8





HILL JOHNSON

Time it was,
and what a time it was

Simon and Garfunkel



LULU VISCARDI





JOHN SHIPMAN

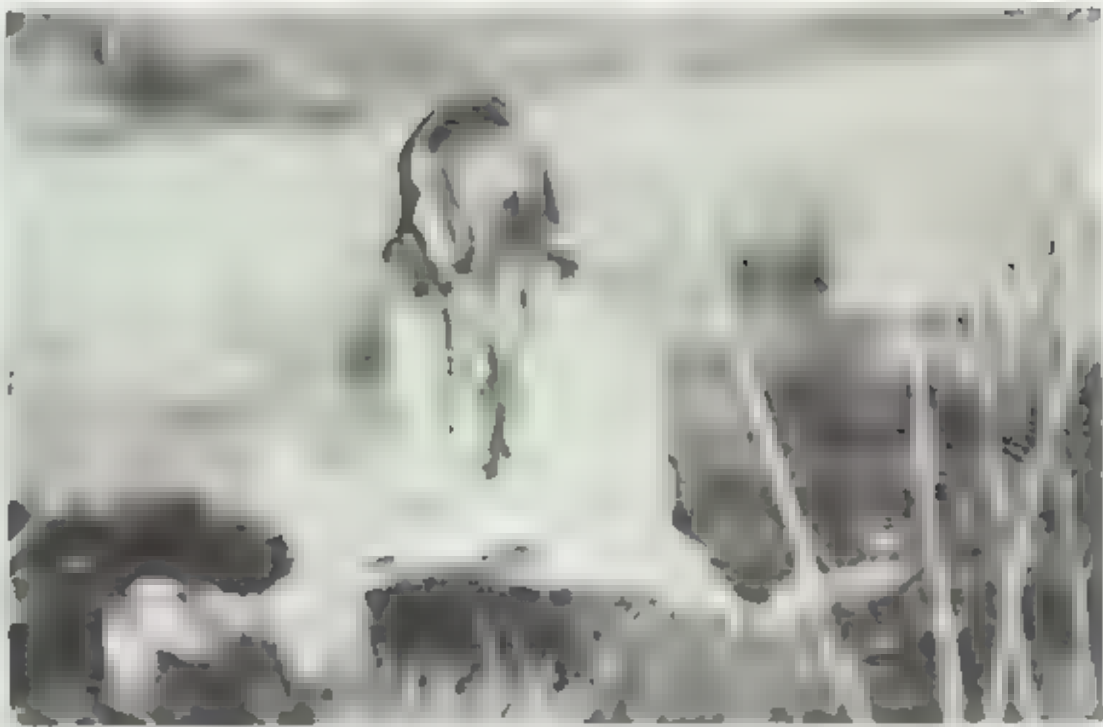
Look for awhile
at the china cat sunflower

G D





BOB EASTMENT



I ain't lookin' to
 compete with you,
 Beat or cheat or mistreat
 you,
 Simplify you, classify you,
 Deny, defy or crucify you
 All I really want to do is Baby be friends with you.
 Bob Dylan

Christine M. Freeman



CYNDY BEACH





HANK REUSCH

All the times that I've cried
Keeping all the things I knew inside
It's hard, but it's harder to ignore it
If they were right, I'd agree
But it's them they know, not me

Cat Stevens





PETER ZULLO



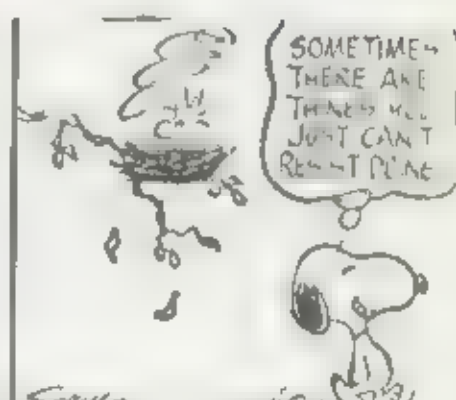


M
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O
N

PEANUTS



19-19



SCAM 2

19-19



PATTY BEATTY



VAN STOGNER



Eternity is likened to a cube of sand
A million miles square from which,
At the end of every million years,
A bird comes to carry away one grain
When the time has passed that the bird has
carried away all the sand,
Not one instant of eternal time may even be
said to have begun

James Joyce

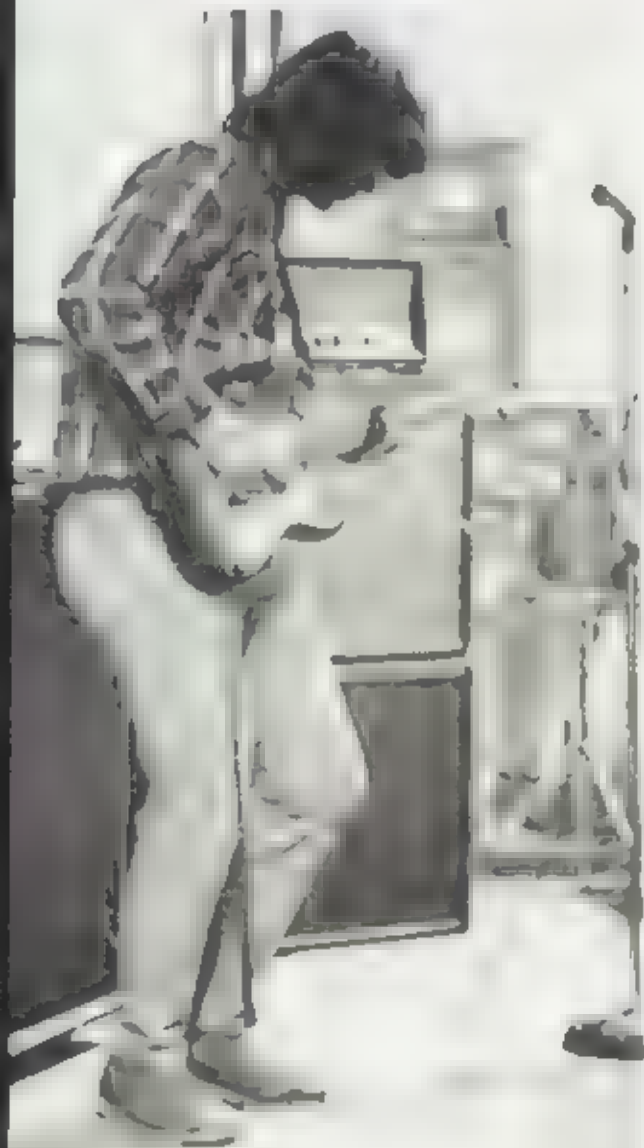


JODY RANDALL





WALTER MAGILL

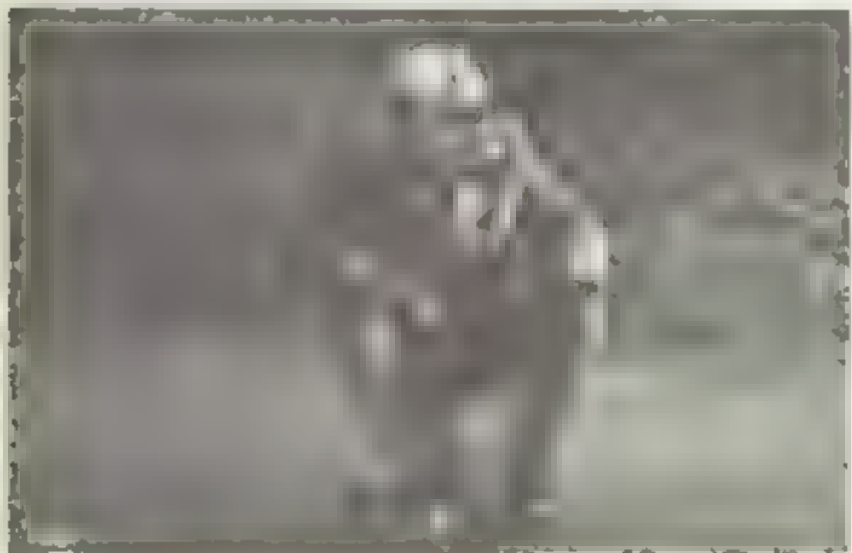


Some folks trust
in reason
Others trust
in might
I don't trust
in nothin
I just know it comes out right
Playin'
Playin' in the band

G D



SCOTT
BOLCH





CAROL GROSS



Portrait of a young woman

PACLETTE SANDRA LAGANA







Thanks Dad

It was
able to

TONY MARVULLO

you for being me out
me and time again with the
newspaper, your smile, and warmth
is un-believable. I shall



never forget you Good luck
you and may they
years at

It takes one hundred forty-seven
muscles to frown
And fifteen
muscles to smile
So why waste energy?

friends

Dear Beth -

It's really strange to write in
people's yearbooks - people I've known
for so many years - struggling through
high school. Good luck at Princeton
next year -

Love,

Laura

Laura Vicker



IN THE HALLWAY AT THE PRINCETON
SCHOOL THEY TALKED UP TO THE
BY ALICE - OKS



Dear Beth,
 Je vais mourir -
 why do I wish you so
 Beth, I wish you so
 much luck, sincerely.
 Its strange to be leaving
 after so long - you know
 Good luck in see you some-
 time in your - Love,
 Karen

KAREN MANNO



I am always in hope of making
 a discovery . . . to express hope
 by some star, the eagerness of a soul
 by a sunset radiance

Van Gogh

The moon in the water,
 Broken and broken again,
 Still it is there.

Choshu

NEAR TOWER





KEVIN HAGAN





COLLEEN CONNELI



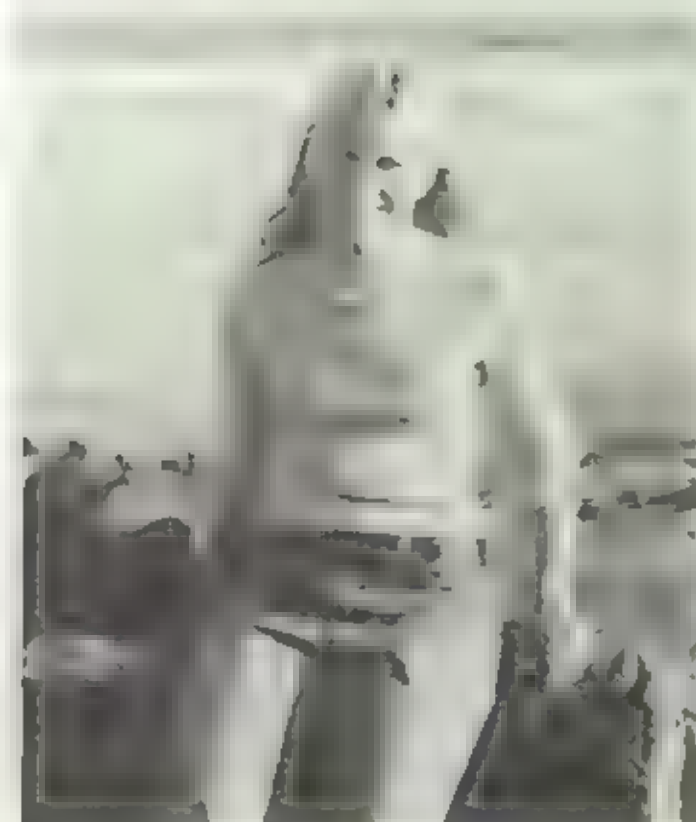
JANET POST

Beth -

I don't know
about you - but
I hope I never
see I french
world - jam - that
class was torture.

Hope you do
well with Russian.
Russian. Studious
the next years.

Do obidance
Janet





DOUG SHAW



BILL DUDIOC



Love is all there is
It makes the world go round
Love and only love it can't be denied
No matter what you think about it
You just won't be able to do without it
Take a tip from one who tried

Bob Dylan



BROOKS RENNER1



DAVE ROSENBERG



And in the end
The love you take
Is equal to
The love you make

Lennon and McCartney

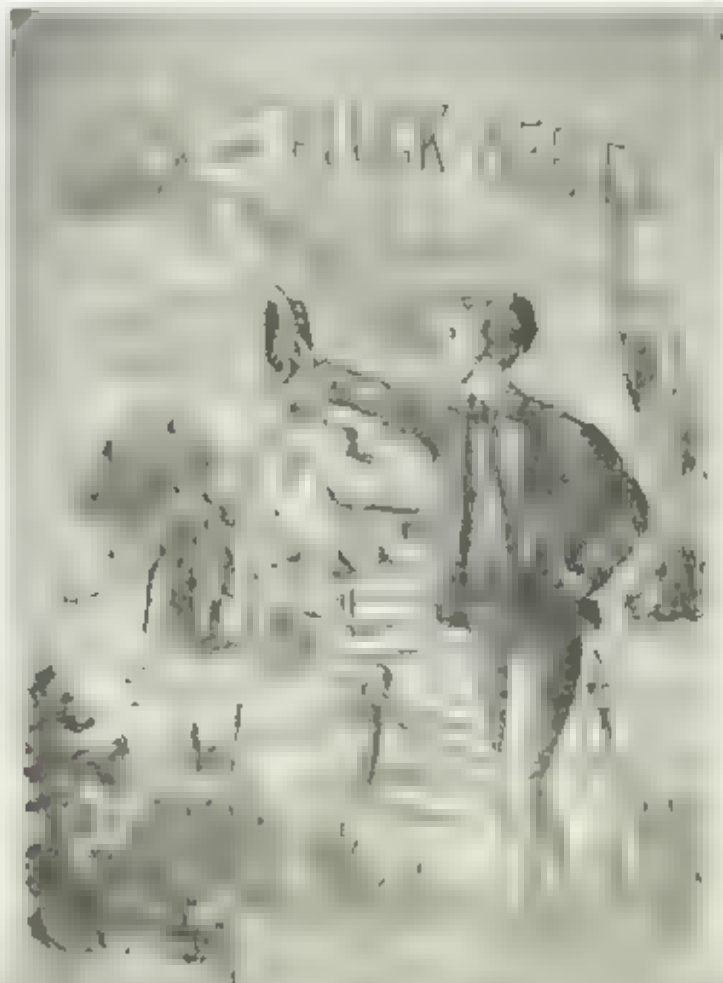
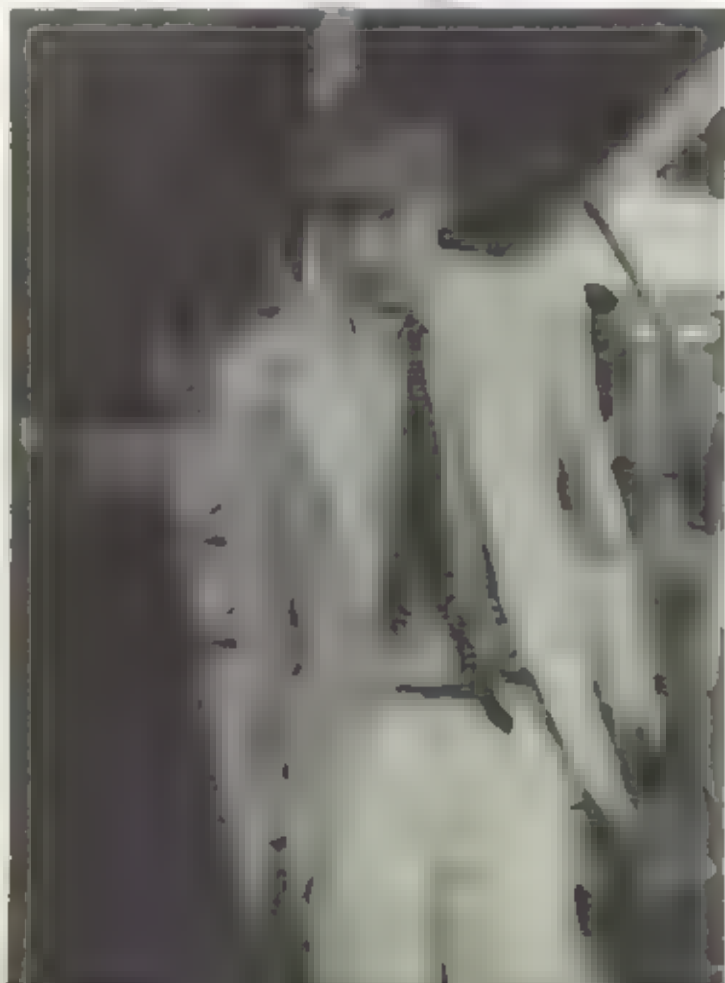




RENÉE MONTGOMERY



JOHN SILBERSACK





Dear Dad
It's been six
years from Mr. Hainey
to Mr. O'Hanlon
and you are still in the
your good will of Peniston
your always,
Brian



BRIAN CRESSEY

Dear Beth,
We went through 6 long years
together & now I can't remember $\frac{1}{2}$

If you want something very badly of it . . .
let it go free

If it comes back

it was years forever

It doesn't. I was never yours to begin with.

Jess Lair PhD

But I enjoyed being
here - muchly . . .

Have happiness...

Kath

KATHY NEISLOSS



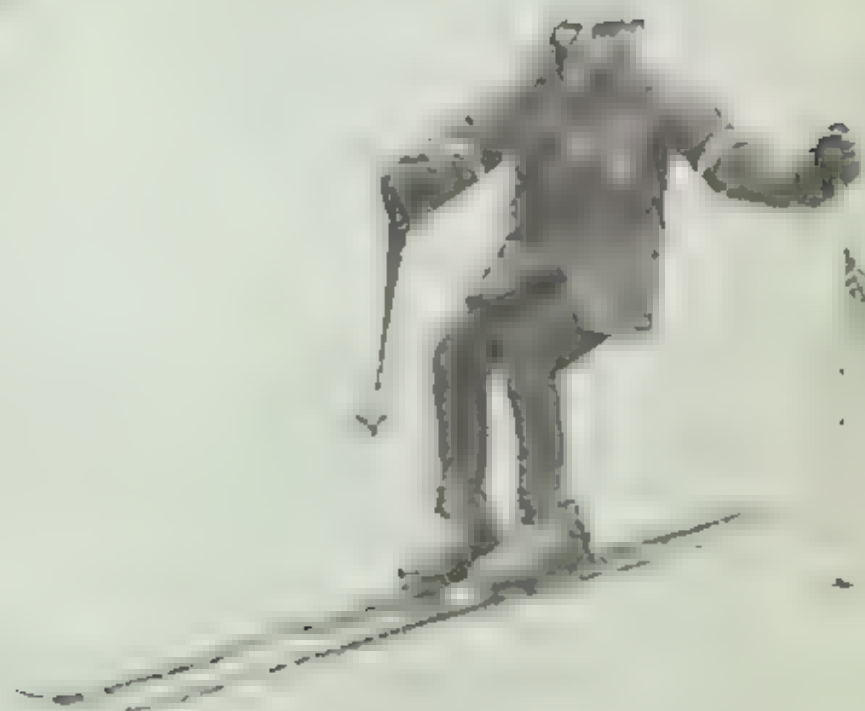
RAY GOODRICH



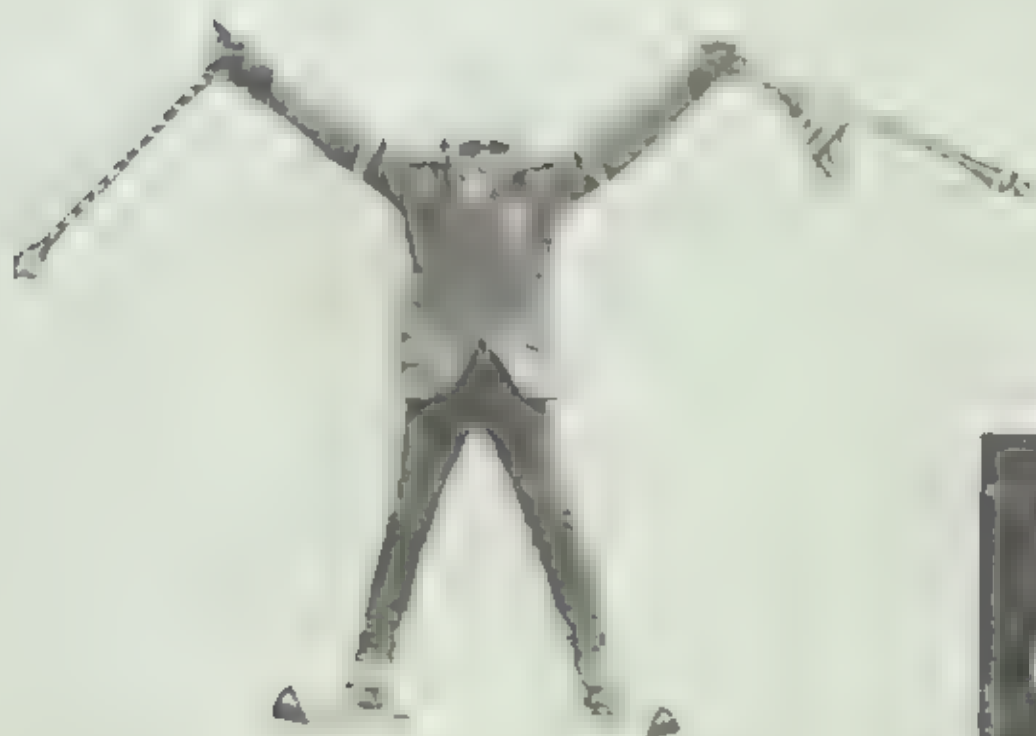
"Can we actually "know" the universe? My God, it's hard enough finding your way around in Chinatown. The point, however, is Is there anything out there? And why? And must they be so noisy? Finally, there can be no doubt that the one characteristic of "reality" is that it lacks essence. That is not to say that it has no essence but merely lacks it. (The reality I speak of here is the same one Hobbes described, but a little smaller.) Therefore the Cartesian dictum "I think, therefore I am" might better be expressed "Hey, there goes Edna with a saxophone!" So, then, to know a substance or an idea we must doubt it, and thus, doubting it, come to perceive the qualities it possesses in its finite state, which are truly "in the thing itself," or "of the thing itself," or of something or nothing."

Woody Allen





SCOTT BURKHARDT





Susan Nappa



For over the misty mountains cold
To dungeons deep and caverns old
We must away ere break of day
To seek the pale enchanted gold

The dwarves of yore made mighty
spells
While hammers fell like ringing
bells
In places deep, where dark things
sleep
In hollow halls beneath the fells

For ancient king and elvish lord
There many a gleaming golden hoard
They shaped and wrought, and light
they caught
To hide in gems on hilt of sword

J R R. Tolkien, *The Hobbit*



CLIFF GARDNER

Don't knock the weather, nine tenths of
the people couldn't start a conversation
if it didn't change once in a while "

Frank M. Hubbard



BETH ROSE



*1st of March
for 1st of March
Ewing D. Patton*

ALL RIGHTS RESERVED

George S. Patton

А если так, если они не
смеют простить, где же гармония ?

Д. М. Достоевский

Братья Карамазовы





RYDER KERN



H
P E
I N
C R
O Y
L
I



slightly jealous of you



all a good summer

and you, There are certain things in which
and that one is unable to believe for the
and simple reason that he never
and ceases to feel them

little

e.e. cummings



RICHARD NIDDS



BRUCE NAUMAN

I stand alone and watch the sea.
The foam rolls in beneath my feet
And I feel its bubbles burst between my toes.
A gull flies by.

O constantly churning sea I love you so.
Your waters in always changing patterns
Draw me to your shores.
The gull snags a fish from the water,
Flies away, and I stand alone.

Fish

CHRIS MAROU



MOMMA, YOU WON'T RECOGNIZE ME NOW

ROD STEWART





The murmur of the obsolete, the why of being born
falls on my naked body Searching for peace of
mind, seeping sunlight to troubled minds
Spirits moving like monumental wind smiling as you
drift past the flowers 'This world is beautiful', yet so
confusing.

Melinda Abood



JEFF LEACH



BARBARA BOYLE

How I am young
 As I am the master of my ship
 Its rudder
 Its gale
 Its port from which it no longer needs to sail

R. Havens





Dear Beth,

I hope you are enjoying the Christmas season and all the joy it brings.
I hope you are all well and happy. I hope you are all safe and sound.
I hope you are all happy and healthy. I hope you are all well and happy.
CHRIS R SING

I hope you are all well and happy. I hope you are all safe and sound.
I hope you are all happy and healthy. I hope you are all well and happy.

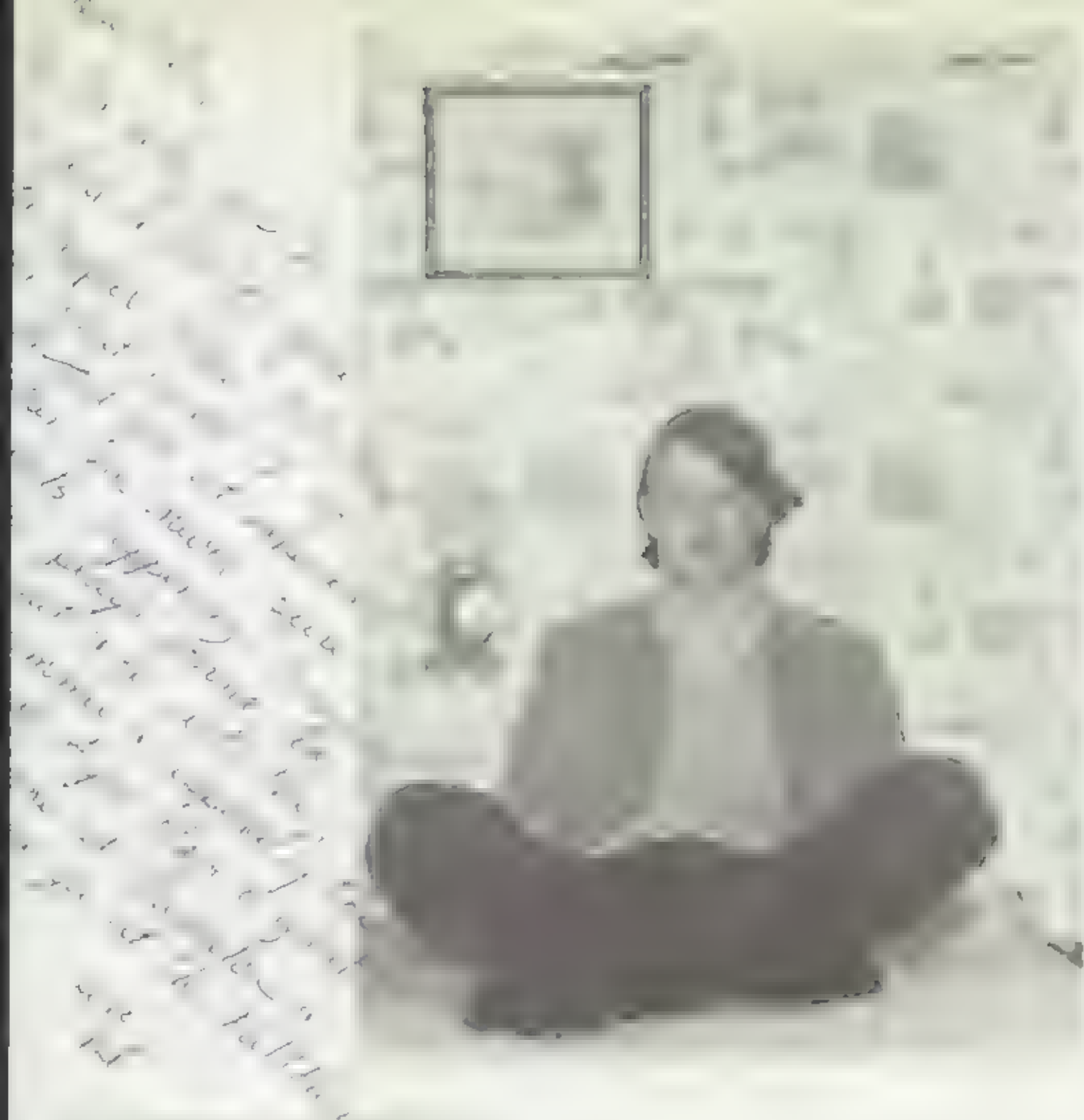


Have
a
great
Christmas
and
a
happy
New
Year.
Chris



The happy farmer from Suffolk
whose heart goes out to any animal's call
The strong individual
not swayed by the ever changing tides of opinion
who knows what she thinks and wants
and is consistent in her beliefs
One to turn to for understanding
the pillar of strength





MICHAEL KANE







LINDA STURMAN

Linda Sturman is a young woman who is very active in her community. She is a member of the Girl Scouts and is currently working on her Girl Scout Gold Award. She is also a member of the St. Louis Symphony Orchestra and is currently working on her violin. Linda is a very talented musician and is also a very good student. She is currently attending St. Louis University and is studying for her degree in Music. Linda is a very kind and helpful person and is always willing to help others. She is a very active person and is always looking for new ways to get involved in her community.



Went down to the mountain
I was drinking some wine
Looked up in the heavens
Lord, I saw a mighty sign
Written in fire across the heaven
Plain as black and white
Get prepared
There's gonna be a party tonight
One more Saturday night
Hey, one more Saturday night

Grateful Dead

MIKE O'BRIEN



TO THE GIRL
FROM PRINCETON,



TO THE GIRL FROM PRINCETON, I AM WRITING YOU WITH
MY LOVE AND AFFECTION. I AM
YOUR DEVOTED FAN, VINCENT MAZZEO



TO THE GIRL FROM PRINCETON, I AM WRITING YOU WITH
MY LOVE AND AFFECTION. I AM
YOUR DEVOTED FAN, VINCENT MAZZEO

VINCENT MAZZEO

1-83



*Dear Beth
 my heart is full
 with love for you
 that is never fading
 you know the happiness
 that you are
 wanted*

True worth is in being, not seeming,
 In doing, each day that goes by,
 Some little good — not in the dreaming
 Of great things to do by and by
 For whatever men say in blindness,
 And in spite of the fancies of youth,
 There's nothing so kingly as kindness,
 And nothing so royal as truth

for list

Alice Cary

JONATHAN KAUFMAN

Dear Beth,
 It's been fun knowing you - I know
 you have a great time at Princeton -
 I'll only say remember "My son, John"
 (ugh sad). Hope to see you are well.
 Good luck!

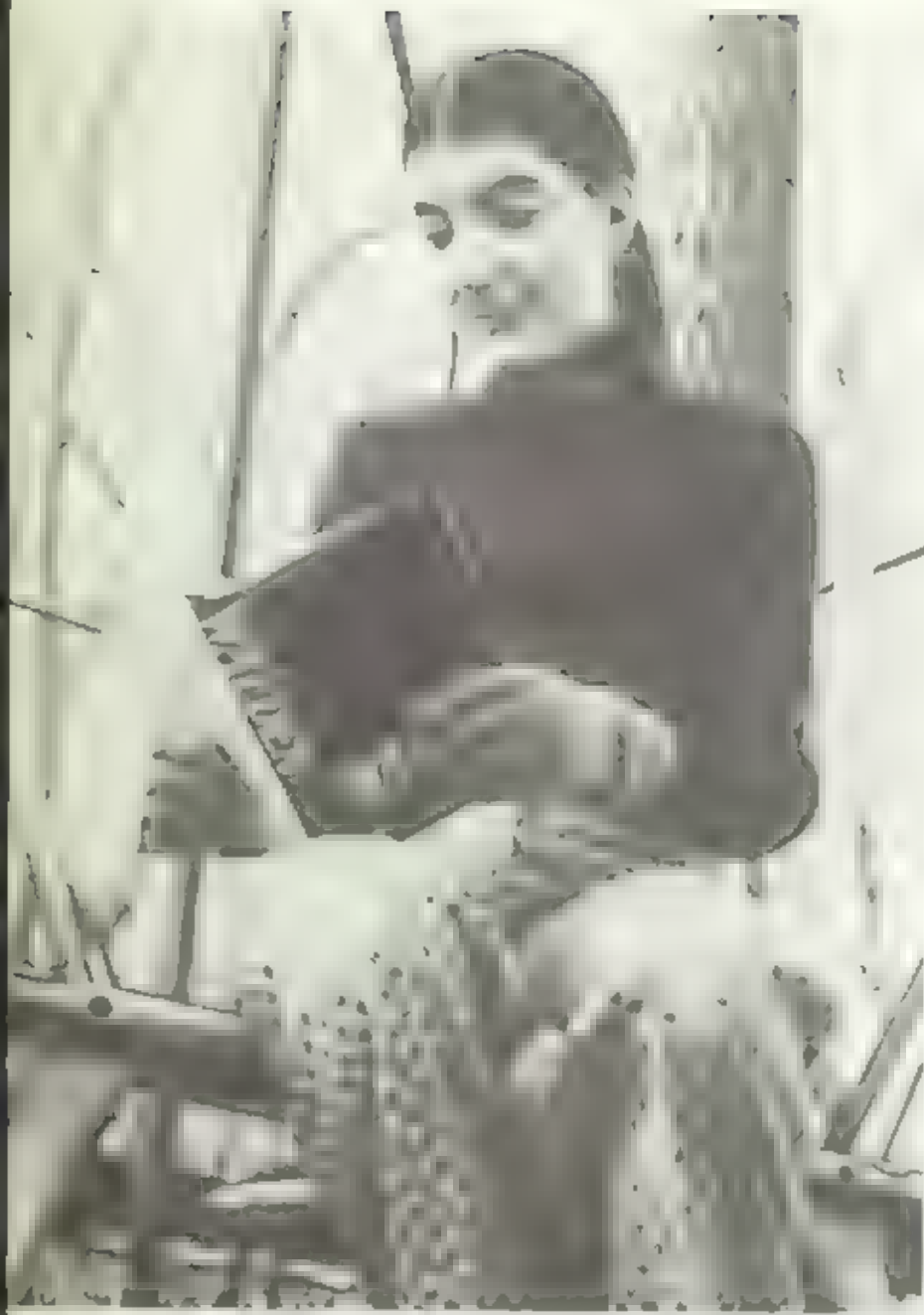
Love,
 Kitt

Remember Your Calculus!



KITT BOSSE





In the End of Days

There came a time
 when from the cauldrons' depths
 A heat arose,
 That melted human hearts
 The eyes saw downas, unseen before
 The ears heard signs
 The air, the air-trump's voice
 The words, that set the world on fire
 The mountains in flames on the top
 The sun in increase in the light and shadow
 The night would give way from the red moon
 A touch, and the world
 And embrace the world

Karen Cohn





DAVID STAPLES





KRISTOFFER
DRAKE
FOR ALL





IAN KLOCKI



I give you the end
of a golden string
Only wind it into a ball
It will lead you in
at Heaven's gate
Built in Jerusalem's wall

William Blake



JEANNE OELSNER





CLAY TRAUERNICHT





W. EWING BUTLER

To live long it is necessary to
live slowly.

(1911)





KATE HOGERTON



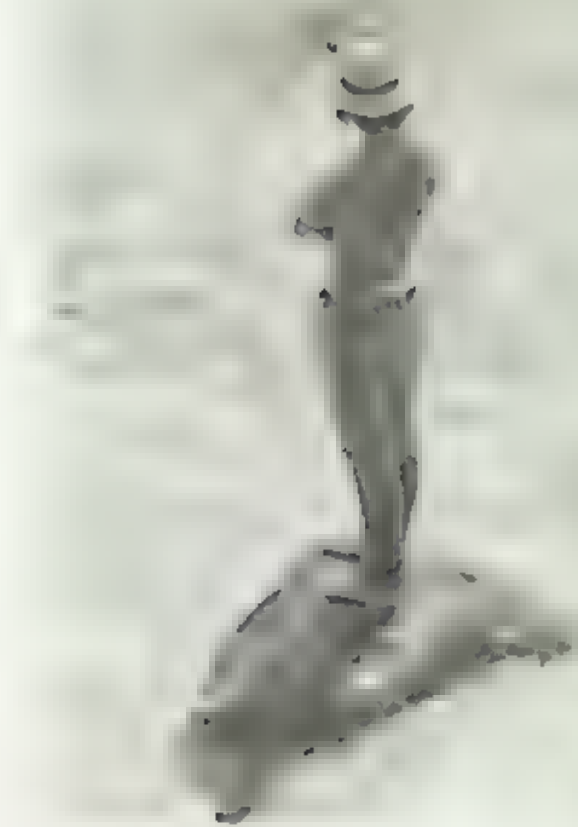
JEFF M. HUNT

Ilegiteni Non
Carborun Dum

Consider Life as it Should Be Lived
Call Nothing Thine Own but Thy Soul
Love Not What Thou Art but What Thou May Become
Do not Pursue Pleasure, For Thou Mayst
Have the Misfortune to Overcome It
Look Always Forwards: In Last Years' Nest
There Are No Birds This Year

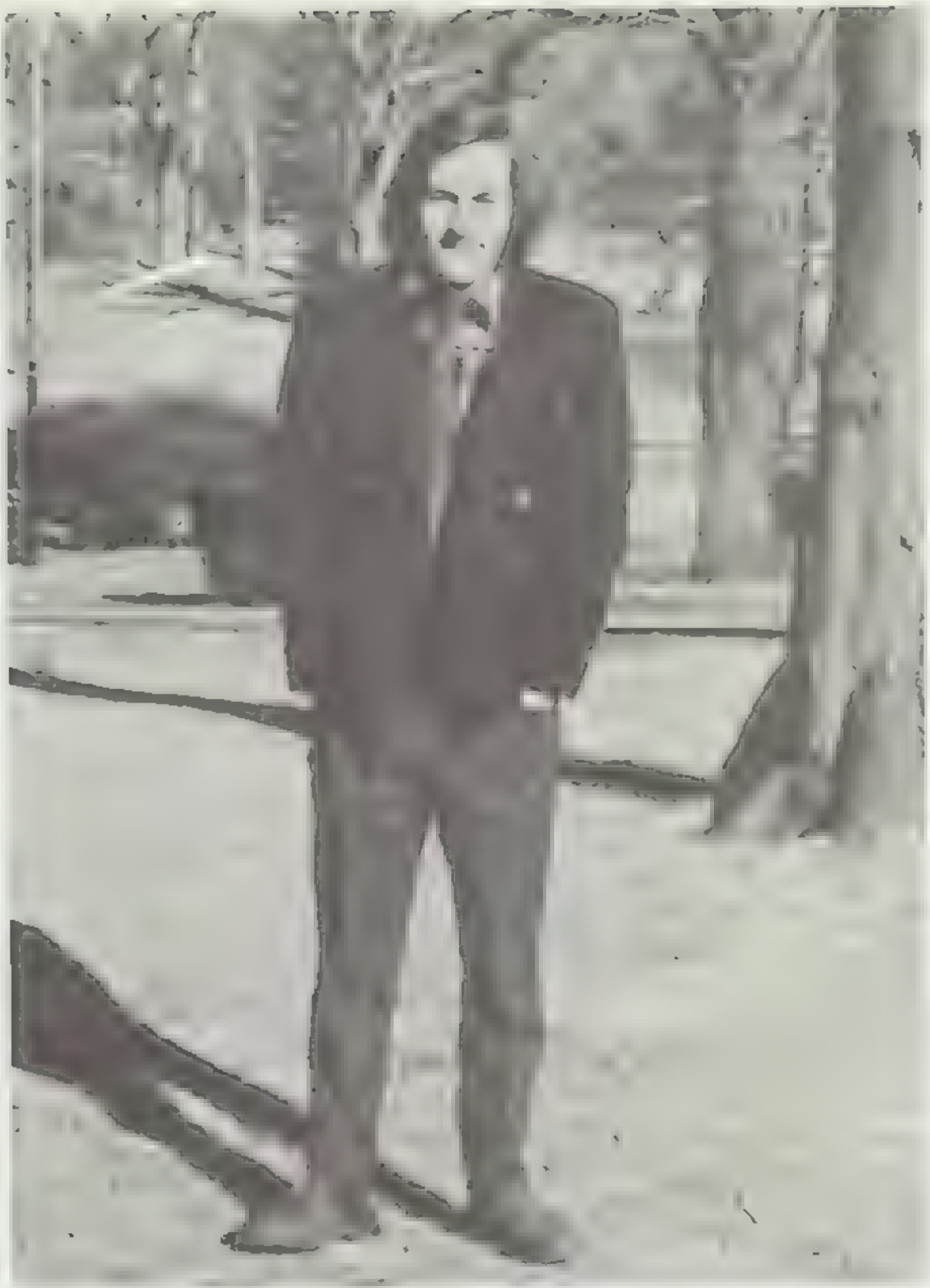
Don Quixote de la Mancha





ROBERT COPP





Jim Vohs I've got no expectations to pass
through here again
The Rolling Stones



BILLY
MORRIS





'No man is an island, entire of itself, every man is a piece of the continent, a part of the main, if a clod be washed away by the sea, Europe, is the less, as well as if a promontory were, as well as if a manor of thy friends or of thine own were any man's death diminishes me because I am involved in mankind and therefore never send to know for whom the bell tolls it tolls for thee "

JOHN DONNE

BETH
WIEMAN



WOODY SIMES





Dearest Bethie,

I'm sorry that I got so good a grade on the exam
out contrary to what I thought. I was sure I was going to
fail. A very good grade. I'll be sure to study hard
for the next exam. I'll be sure to study hard.

I'm glad I passed it. I can't wait to sing The Hallelujah
good luck at Princeton. I know you'll have
a great time. I'll be sure to study hard.

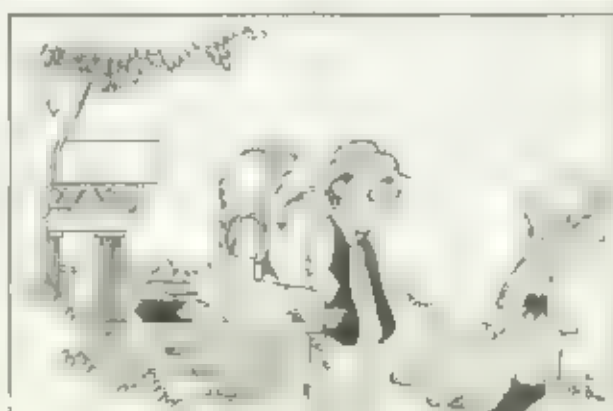
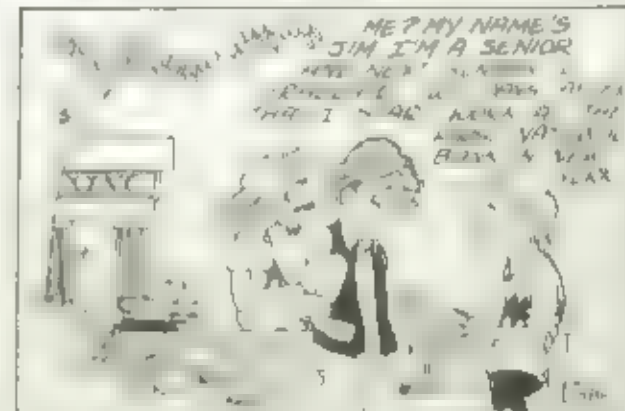
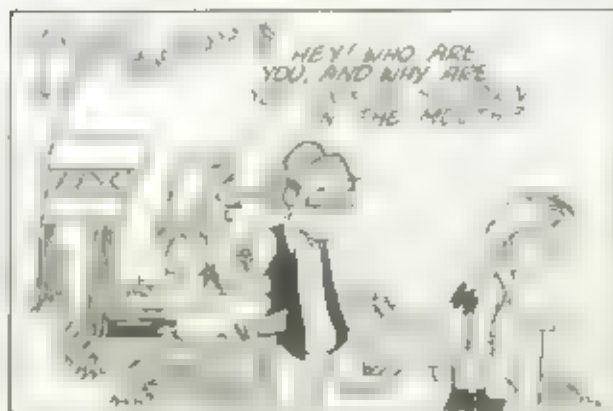
Love

happiness

NICK
SEAMON



Coin' where the climate
suits my clothes



Bazooka John CLICK



Well now, Candyman,
I said been here and gone

Hot Tuna

A Parable

A man approaches a palace. Its only entrance is guarded by some fierce Huns who will only let men named Julius enter. The man tries to bribe the guards by offering them a year's supply of choice chicken parts. They neither scorn his offer nor accept it, but merely take his nose and twist it till it looks like a molly screw. The man says it is imperative that he enter the palace because he is bringing the emperor a change of underwear. When the guards still refuse, the man begins to Charleston. They seem to enjoy his dancing but soon become morose over the treatment of the Navajos by the federal government. Out of breath, the man collapses. He dies, never having seen the emperor and owing the Steinway people sixty dollars on a piano he had rented from them in August.

Another Parable

I am given a message to deliver to a general. I ride and ride, but the general's headquarters seem to get farther and farther away. Finally, a giant black panther leaps upon me and devours my mind and heart. This puts a terrific crimp in my evening. No matter how hard I try, I cannot catch the general, whom I see running in the distance in his shorts and whispering the word "nutmeg" to his enemies.



AILEEN POTTER



YALE



HARVARD

Allman
Bros.



Cream

MIT.

GEORGE
'HONORARY SENIOR'
BRANDON

PRINCETON

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*"Whatsoever things are true,
whatsoever things are honest,
whatsoever things are just,
whatsoever things are pure,
whatsoever things are lovely,
whatsoever things are of good report;
if there be any virtue, and if there
be any praise, think on these things."*

Philippians 4:8

*Jesus said, "I am the resurrection
and the life: he that believeth
in me, though he were dead, yet
shall he live: and whosoever
liveth and believeth in me shall
never die."*

John 11:25,26

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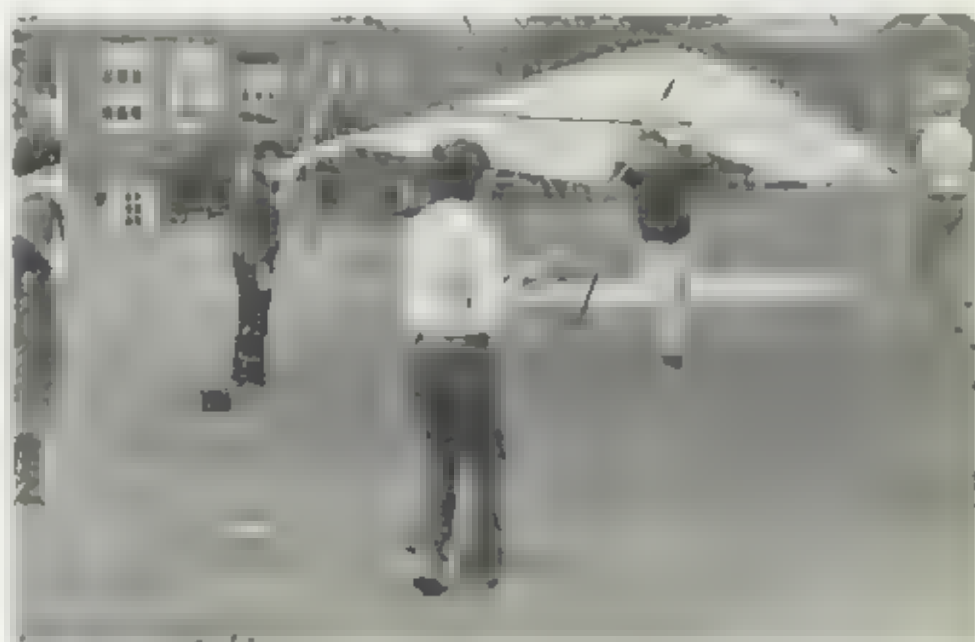
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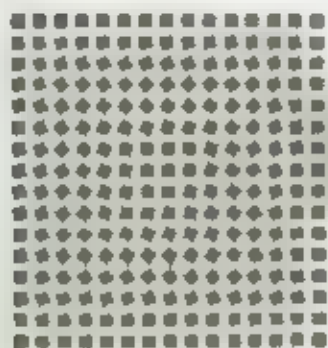
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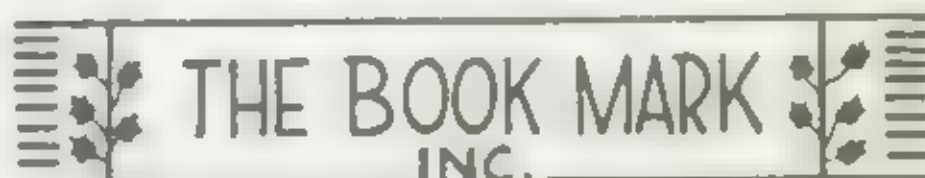
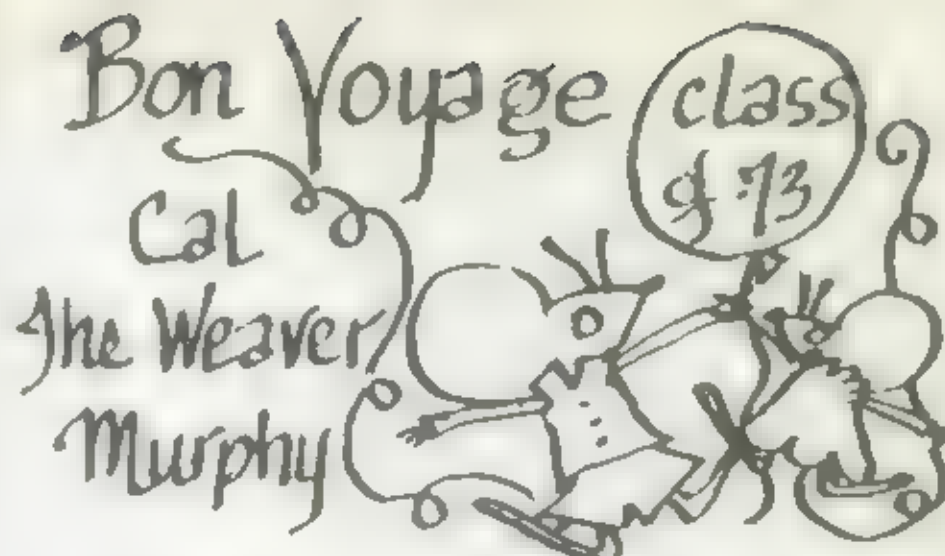
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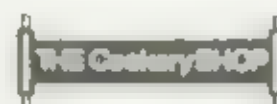


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